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# Men's Health

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Last-Minute Beach  
Muscle Blitz! p130



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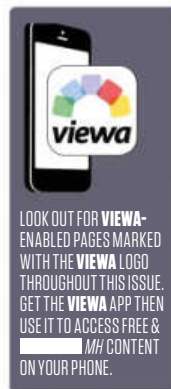
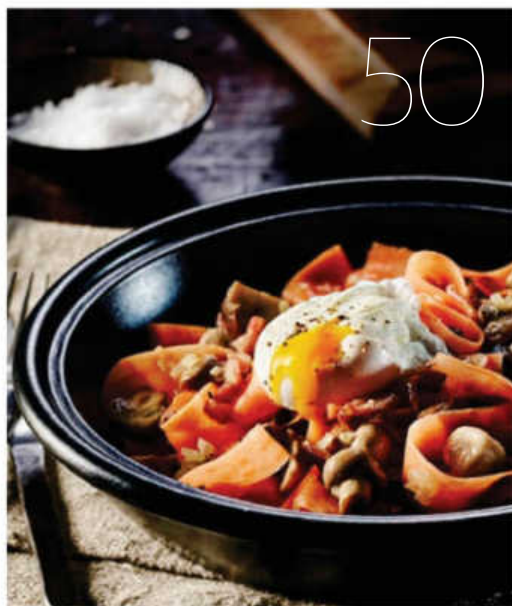
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# 130

Reveal your six-pack with this 30-minute fat incinerator.



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MH COVER GUY  
**SEAN SANDERS**  
PHOTOGRAPHED BY  
**GARRETH BARCLAY**





# DESIGN MEETS TASTE

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**“Tough revelations demand a human face, even if it subsequently gets a smack in the chops.”**

## Speak Easy

The naked truth is largely viewed as “a good thing”. Sometimes, though, you wish it could put on some clothes, some underwear at least, to make itself a little more palatable. The full-frontal reality of a situation can prove difficult to stomach. Delivered right between the eyes at point-blank range, a hard truth can swiftly terminate careers, friendships, even marriages. As the writer and politician Benjamin Disraeli observed: “Something unpleasant is coming when men are anxious to tell the truth.”

Yet unpleasantness must also be faced. Sometimes you have to confront a problem head-on. Whether it's a niggling family feud or a bust-up with your boss, there are times you can only fix a situation by initiating a conversation so painful the mere thought of it makes you want to gnaw off your own kneecaps. Handle it well and you could salvage a happy resolution. Screw it up and you could find yourself ducking a volley of high-velocity crockery hurled your way.

Unfortunately, it's easier than ever to chicken out of these high-risk showdowns. Too often we lean on technology to be the bearer of bad news. Russell Brand famously told Katy Perry that he wanted a divorce by text message. Earlier this year, almost 100 wharfies for Hutchison Ports in Sydney and Brisbane discovered they'd lost their jobs via text and email. Needless to say, these are not best-case scenarios. Tough revelations demand a human face, even if it subsequently gets a smack in the chops.

Our story on page 90, “Life's Toughest Conversations (and How to Survive Them)”, explores a better course of action. Associate Editor Dan Williams speaks to men who've navigated some of the hairiest discussions imaginable, from ending a marriage to sacking a loyal employee. Not only have these blokes lived to tell the tale, they also offer first-hand advice on how to manage these perilous pow-wows.

Significantly, what connects their tales is a common seam of hope. You know that conversation you've been putting off? The one the mere prospect of which keeps you awake at 3am in a cold sweat? Well, these guys reckon that actually having this fateful chat isn't half as agonising as the preamble you're enduring. The story suggests that talk definitely isn't cheap; indeed it's the only way to hold onto your sanity and self-respect.

*Luke Benedictus*

**Luke Benedictus**

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See page 120 for details.



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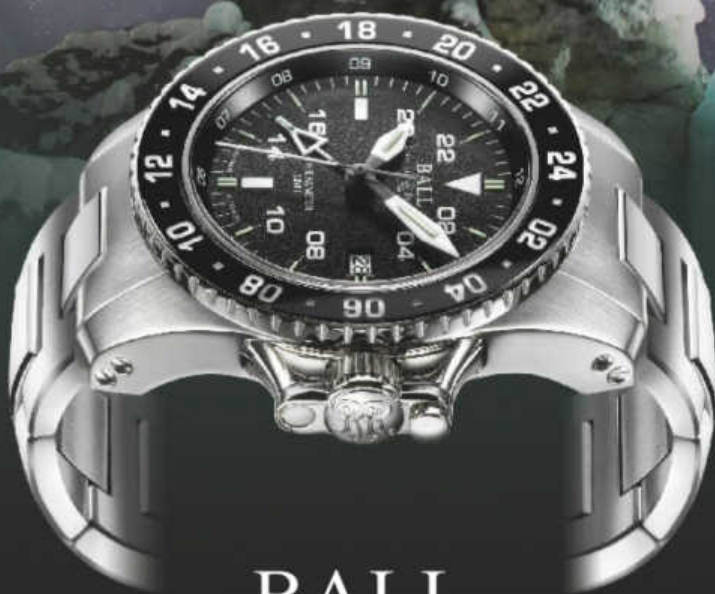


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# Genius Solutions



## Shape Up Fast

Summer's here and you're rocking not so much a beach body as a baker's body. Oh well - there's always next year, right? Try telling that to taskmaster Chief Brabon, co-founder of Original Bootcamp. "When you have a limited amount of time to achieve serious results, you have to make the most of every minute you spend in the gym," says Brabon. Here's your blueprint for sculpting a granite-hard physique.



Expert advice from  
**Chief Brabon**, Dip(MT),  
CFMT, CTAC, CAC

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# 1

### UP THE INTENSITY

"Recent research backs what I've known from experience for years: greater intensity in shorter bursts revs up your metabolism for hours post-workout, while reducing the risk of muscle loss. Old thinking was that during cardio your heart rate should be 60-70 per cent of your max. New thinking calls on you to up that to 90 per cent."

# 2

### DON'T WASTE A MINUTE

"Most guys who front up to my boot camps want a beach body, which means upping lean muscle while reducing body fat. Yes, it's doable. To make your training more effective, fold high-intensity strength and cardio into workouts of no more than an hour. One way to go hybrid: utilise the downtime between strength sets by doing cardio."

# 3

### CUT WITH KETOSIS

"I retain a lean physique year-round. I know that a great way to achieve rapid fat loss is via ketosis, which means forcing the body to use stored fat for energy as opposed to carbs. Ketosis prevents the oxidation of proteins, which means you won't be reducing muscle gains while stripping fat. Carbs shouldn't exceed 50 grams a day."

# 4

### RECOVER AND GROW

"From experience I know that if you don't allow your muscles to recover, you will lose mass. When you train with resistance you are stimulating muscular growth, but it's during the time away from training that your body improves. Get 8-10 hours' sleep a night and leave a worked body part alone for at least 2-3 days."

### TWO-SECOND LIFESAVERS

#### SEDUCE HER SENSUALLY

Instead of rushing to home plate, try taking things slowly. Kiss her, touch her and give her the time to feel turned on and responsive to you. Eighty per cent of women achieve orgasm through clitoral stimulation, but ask her what it is she likes. Don't forget a soft voice, a seductive touch and strong eye contact.



**NIKKI GOLDSTEIN**  
Sexologist and  
relationship expert

#### SAFEGUARD YOUR KNEES

Strengthen the muscles surrounding the knee, as they help support this vulnerable joint and reduce your risk of injury. Stretch your calves and hamstrings before and after exercise, and maintain a healthy weight. Most importantly, listen to your body to prevent overtraining.



**DR NICK VERTZYAS**  
Orthopaedic surgeon

#### KEEP SOLIDS AND FLUIDS APART

I'm big on drinking water between meals but not during them. By avoiding fluids at breakfast, lunch and dinner you're letting your gastric juices do their stuff undiluted, aiding digestion. It's a small thing that makes a difference to how you look and feel.



**GREG JOUJON-ROCHE**  
Trainer and  
nutrition coach



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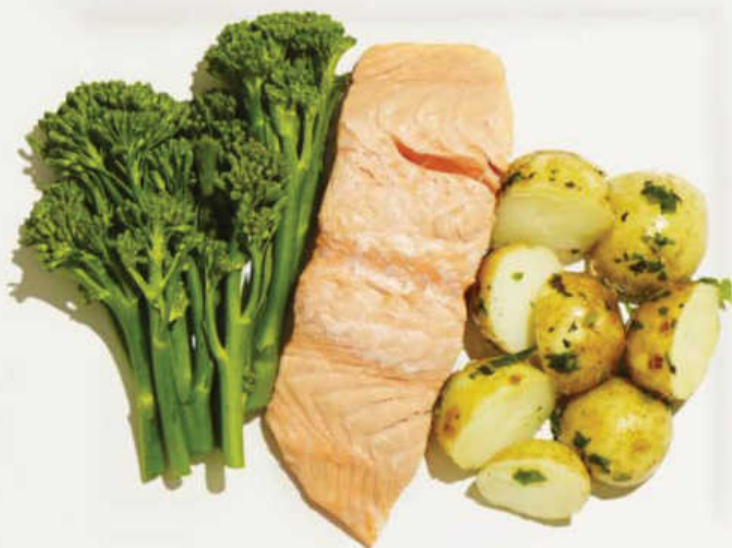
If symptoms persist see your healthcare professional.



CHC71148-11/15

# Ask MH

LIFE QUESTIONS, ANSWERED



## Q Is microwaving my dinner a nutritional *faux pas*? SS

**Much like sunbeds** and those wristwatch calculators, the microwave is an Eighties invention that has developed a less than enviable reputation. Whether it's the sight of early adopters attempting to "roast" entire chickens in them, or the subsequent scare stories about radioactive ready-meals, the commis chef that goes ping has long been regarded as the enemy of both nutritional and gourmet virtue. But while nuking your dinner can

sometimes create an unpalatable flavour vacuum, the microwave isn't necessarily the dietary succubus it's made out to be. Harvard Medical School notes that microwaving for a short period of time using a little water (so you're effectively speed steaming) will retain more nutrients in your vegetables. Moreover, the American Chemical Association recommends zapping frozen veg for the biggest benefits. It's as if laziness begets healthiness. Works for us.

## NUKE YOUR REPERTOIRE

**Veg that reap more from a small dose of radiation**



### **BROCCOLI** (40-60 sec)

These greens withstand nuclear fallout well. Their anti-cancer powers waver in water, but are retained well by the skills of "chef mic".



### **CARROTS**

Vitamin C may be an immune-boosting main player, but it's off to the sin bin when facing hot water. Micro-blasts don't harm it, though.



### **SPINACH**

Roughly 70 per cent of the folate in Popeye's favourite food dissipates when bunged in a pan of hot water. In the microwave? You guessed it. Start it spinning. ➤



# RAYMOND WEIL

## GENEVE



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Mr. Raymond Weil's other great passion was undoubtedly aviation. He was a true pilot and particularly loved to fly his Piper aircraft around the Matterhorn. In his honour, a unique freelancer Pilot special edition watch was created in partnership with legendary general aviation manufacturer Piper Aircraft Inc.

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**Q** My new running regimen is making me fitter, but I'm also getting slower. Why is this? AS

**Yours is a paradoxical quandary**, but it's not that unusual. The truth behind the mystery is probably a lack of balance. Runners blinkered by their obsession with the road become blind to the benefits of resistance training. A study in the *Journal of Strength and Conditioning Research* confirmed that traditional strength training can be more effective at increasing your speed than running.

And for those who worry that swapping hill sprints for hamstring curls might mess with their stamina gains, a more recent study at the Ruhr University of Bochum found that strength training also boosts your endurance. So taking up the weights regularly not only benefits your speed but also keeps your cardio fitness up as much as if you were still running three times a week, say the scientists.



**Q** My girl says my workaholic tendencies will be the death of me. Is she right? RW

Her intuition is worth heeding – up to a point. Ask any statistician and they'll tell you the leading causes of male deaths make for a macabre chart. Only recently, a *Lancet* report linked long hours with increased stroke risk.

But don't start picking your casket just yet. You see, it's not necessarily your career that will kill you. In fact, a demanding job can protect your mental health as you age, reports a recent study by the University of Pennsylvania. Meanwhile, research by the UK's Office for National Statistics found that white-collar workers, where more pressure is put on the mind, tend to live longer than blue-collar employees, who exercise more. The academics concluded that autonomy – control over finances, for instance – prolongs lifespan.

The real killer here is stress. And if you're perpetually strung out, a change of career is perhaps advisable. But the fact that you're talking to your partner means you're already on the right track: one of the reasons women outlive men, whatever their career, is their superior ability to successfully identify and communicate stress.

**Q** How do I stop my feet from stinking? RS

A bacterial build-up is probably afoot. Your feet sweat more than most other body parts, says podiatrist Dr Tracey Vlahovic. And when you combine this with hot socks, you have the perfect petri dish for microbes to multiply. To kill them, Vlahovic advises mixing 3-4 tablespoons of cider vinegar in 1.5 litres of warm water and soaking your feet for 10 minutes at least three times a week until the stench dissipates. Then swap your cotton socks for more breathable polyester or nylon blends and sprinkle baking soda in your shoes to neutralise odour and absorb moisture.

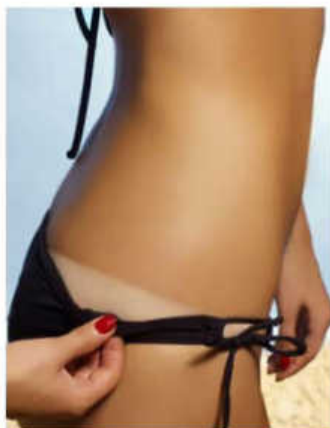
But if your feet still reek? Walk them into a doctor's office; you may be prescribed an antibiotic foot cream with bacteria-fighting benzoyl peroxide and clindamycin. ➤

**Q** Help! How can I convince my girlfriend to quit her tanning-salon habit? RU

Try the terrifying truth: tanning beds roast her with doses of UVA radiation that are 12 times stronger than sunlight's. That may be hard to believe, given that she comes out brown, not burned. "The UVA light used doesn't create skin redness or burning sensations, so tanners often don't realise how much damage it's doing," says melanoma specialist Dr Rogerio Neves. In fact, regular use of

tanning beds increases the risk of developing melanoma, the deadliest type of skin cancer, by 75 per cent if use starts before age 35.

Still haven't convinced her? Then home in on why she's fake-baking. If it's linked to looks, suggest a self-tanning agent. These contain dihydroxyacetone, a noncarcinogenic colour additive that tints the outermost layer of the skin.







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# Ask The Girl Next Door

SEX, DATING, LOVE AND SKINNY JEANS.  
ALICE TRELOAR WILL NOW TAKE YOUR QUESTIONS



## Q Why are so many women against doggy style? CT

That's a sweeping statement, CT. But there are some obvious pitfalls. First, the name. It's hardly bolstering to our self-esteem when the title is a nod to our fluffy four-legged friends. Second, think of the vulnerable view. It requires women to expose their lady bits in a most undistinguished manner. And last, it's a V-E-R-Y dangerous position. One misplaced peen and you could be entering painful territory. 'Nuff said, my friend. Always check that your lady is willing before taking up pole position.

## Q I dropped the L-bomb and got no reply. Is it likely she froze? GW

Possibly, but I fear the worst. If she's feeling your good vibes, there shouldn't be much of a lag between a full-heart declaration and a weak-kneed gushy reply. Before you lay your love on the line again, look for some signs she's on the same page. Lingering eye contact/family introductions/referencing the future = good. Ignoring calls/freezing up upon spooning/forgetting your birthday = bad. On the plus side, you bypassed the most brutal response: "thank you". If those words left her lips, you'd want to get your moonwalk on and see yourself out.

## Make Her Feel at Home

Load your pad with these deal-sealing amenities, advises stylist Jacqui Stafford



### SOFTER PILLOWS

Whatever you two are doing in bed, good down pillows with a high (500 grams-plus) fill power will make her head happier than polyester lumps.



### THICKER TOWELS

Don't let her sashay to the shower wrapped in a Tigers logo. Spring for some plush, high-absorbent towels made of Turkish or Egyptian cotton.



### GOOD SHAMPOO

Stock the shower with something a step up from your basic supermarket 2-in-1. In general, anything from Redken will make her glad she got naked.



### SKIN LOTION

Look for options from Kiehl's and Clinique. Both are respectable choices that show her you take care of yourself.

## Q There's an ideal of the tall, dark and handsome gent. But can you be too tall? LM

**NOPE.** Height is the equivalent of Londoners thinking a 12°C day is mild or your cousin claiming Limp Bizkit is the best band of all time. It's all relative, LM. I'm quite tall for a girl, so usually gravitate towards loftier fellas. My vertically challenged mates probably wouldn't get shark-week-level excited about the prospect of their eye line meeting your package. But let me drop a little truth nugget: regardless of whether your measurements are on par with Danny DeVito, or you can see Yao Ming's dandruff, it doesn't matter. It's about the connection we feel, emotionally and intellectually. Plus, once you're horizontal, height doesn't come into the equation.

## Q Skinny jeans on a 35-year-old greying around the temples. Sad? AH

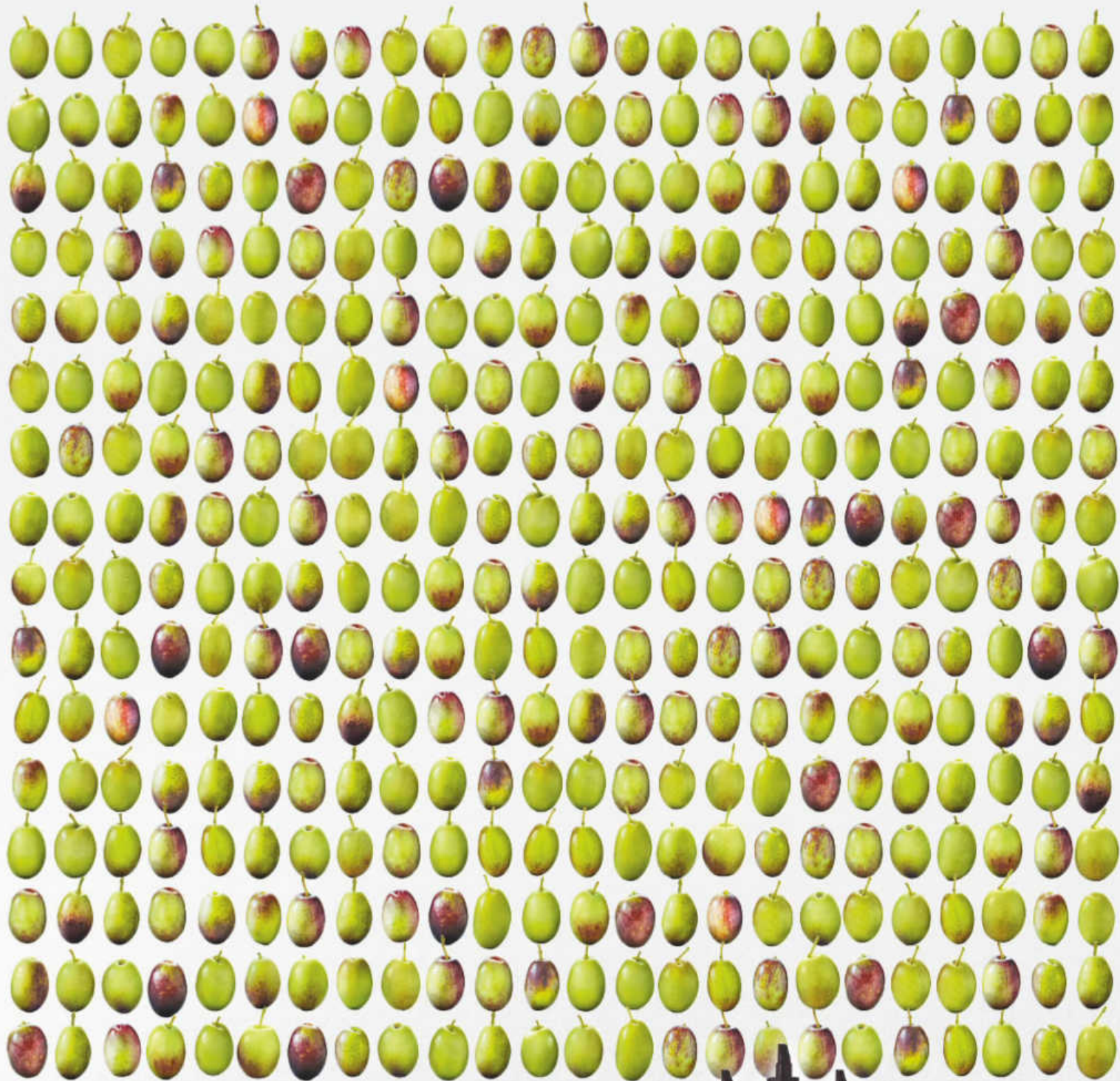
More power to you, AH. If you've got pins that lend themselves to vacuum-sealed denim, time to get your strut on. Something to ponder, though: if your legs start to tingle, go up a size. Or call 000. And know your shape. If your thighs are more tree stumps than Lebanese cucumbers, try straight-leg or classic-fit for size. And be wary of shrinkage. Jeans may become snug after washing, making it a challenge to get the spray-on style over your calves and/or impossible to de-pant.

## Q How soon can I ask out the hot new hire at my office? She's been here two weeks. AS

Cool your jets, AS. Sure she may be easy on the eye, but what else do you know about Hottie McHot Hire? Take your time getting to know her, to see if she's worth the risk. Which brings me to my second point: navigating potentially awkward office encounters. If things go south (and not in the good way), workplace woes could become the norm. Don't rush the fun part. Sneaking glances across the boardroom table and flirtatious kitchen banter are what dreams are made of.

Got a question for Ask Men's Health or The Girl Next Door? Email [menshealth@pacificmags.com.au](mailto:menshealth@pacificmags.com.au) or head to [yahoo7.com.au/menshealth](http://yahoo7.com.au/menshealth)





## Nature's healthy flavour enhancer.

These are no ordinary olives. They're Cobram Estate olives. Slowly ripened over the long Australian summer, then picked, crushed and juiced fresh at the grove to lock in all the natural goodness, flavour and antioxidants. The result is a uniquely fresh, healthy and award-winning extra virgin olive oil, perfect for frying, baking, the barbecue.... or just drizzling on its own.

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OLIVES  
IN EVERY BOTTLE.



**Cobram  
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TOYOTA

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The New-Look Corolla ZR Hatch doesn't just look amazing; with 7" touchscreen display, reversing camera and Bluetooth®\* capabilities, it's amazingly advanced too. And with 60/40 split

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\*The Bluetooth® word mark is owned by Bluetooth SIG, Inc. Not all devices will be compatible and functionality varies depending on the device.



*Oh what a feeling!*



# 7AM

THE BEST TIME TO DO AEROBIC EXERCISE FOR REDUCING NOCTURNAL SYSTOLIC BLOOD PRESSURE – AND INCREASING DURATION OF DEEP SLEEP.

# 7PM

THE BEST TIME TO DO AEROBIC EXERCISE FOR REDUCING NOCTURNAL DIASTOLIC BLOOD PRESSURE.

SOURCE: JOURNAL OF VASCULAR HEALTH & RISK MANAGEMENT

NEWS THAT IMPROVES YOU

# PULSE



## CURL UP TO SLEEP

Exercise your right to a restful night. Different workouts affect your sleep patterns and sleep quality differently, say researchers at Appalachian State University. They found that aerobic workouts earlier in the day may help you nod off faster, while weight training later in the day may help you stay asleep. Can't swing that timing? No worries: Any physical activity will improve shuteye quality. "Exercise boosts your immune system and can clear the stress hormones from your body," says study author Scott Collier.

PHOTOGRAPHY: CLAIRE BENOIST

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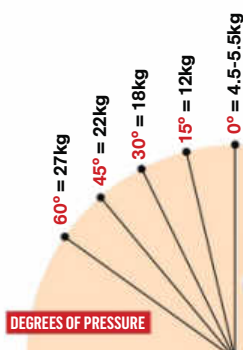


### HOLY MOLEY

Get counting – your risk of skin cancer could be in plain sight. Researchers at King's College London have found they can accurately predict the amount of moles someone has on their entire body by counting the moles on their right arm. For example, those with more than 11 moles on their right arm were likely to have more than 100 moles in total. With the risk of skin cancer increasing by 2-4 per cent per blemish, it's time to go mole hunting.

## PRESS SEND FOR PAIN

When you tilt your scone to fire off a text, you're piling pressure onto your cervical spine. The cumulative strain can add up to pinched nerves and herniated discs. Yet another reason to stand tall.



### BACON AND DREAD

Never mind cereal killers. The WHO has threatened to take the joy out of another breakfast favourite, ranking bacon (together with other processed meats like sausages and salami) as a Group 1 carcinogen alongside cigarettes, alcohol and asbestos. Its review found that 34,000 cancer deaths per year worldwide were due to diets high in processed meats, and that your risk increases with the amount of the stuff you consume. No need to give up your bacon fix entirely though – just don't go sprinkling it over every meal.

17

NUMBER OF HOURS SPENT AWAKE THAT IMPAIRS YOUR DRIVING IN THE SAME WAY AS A 0.05 BLOOD-ALCOHOL READING

SOURCE: QUEENSLAND UNIVERSITY OF TECHNOLOGY



LIFT YOUR GAME ON YOUR DAILY SKIN CARE ROUTINE AND EXPERIENCE FRESHNESS THAT LASTS ALL DAY WITH PALMOLIVE MEN SHOWER GELS.

**W**ork, gym and play – we get it, you're a busy man. But there's no excuse to let your skin care regime slide, especially when it comes to managing sweat and odour – thankfully Palmolive Men shower gels make it easy. Specifically engineered for men's skin, new Palmolive Men Deep Clean Shower Gel contains an odour modifying complex that delivers all day freshness. Infused with spearmint oil and exfoliating fruit seeds to remove dirt and grime, it will leave you feeling fresh and energised throughout the day. Now available as part of the Palmolive Men shower gel range.

# STAY FRESH 24/7

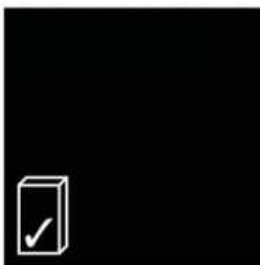
**Palmolive®**  
**MEN**

**ALSO AVAILABLE  
ACTIVE RANGE**

The gentle formula, enriched with sea minerals gives your skin the daily care it needs.







Ever been lured into a bad relationship by a pretty face? We thought so. Packaged foods bearing sexed-up nutrition claims on the front can be hard to resist, University of Otago research reveals. Shoppers were up to nine per cent more likely to grab grub with a highlighted benefit – even if the food was otherwise a health dud. So ignore the slick front labels. Check the actual nutrition stats, then commit.

# NUTRITION



## MEAL MULTIPLIER PESTO CHANGE-O!

Struggling to eat enough nuts? Put a new spin on basic basil pesto. Toast a quarter cup of your favourite nut, then pulse in a food processor with two cups of leafy greens or herbs, half a cup of grated hard cheese (such as pecorino or manchego), two garlic cloves and a quarter cup of olive oil until smooth.

# 10

Percentage reduction in risk of early death resulting from high consumption of vitamin C from fruit and vegetables.

SOURCE: AMERICAN JOURNAL OF CLINICAL NUTRITION

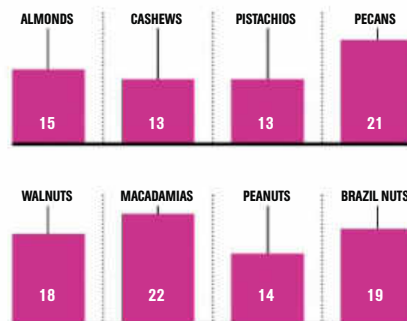


## GRAB YOUR NUTS

It takes a crack team to beat the number one killer of men. A Harvard study review reports that eating nuts can help slash your odds of dying from heart disease. The risk in people who ate the most (one 28-gram serving a day) was 39 percent lower than that of those who ate the least. Nuts' healthy fats may lower blood lipid levels, while other compounds help vessels expand, easing bloodflow. Forty-nine pistachios, 22 almonds or 18 cashews will deliver up your 28g.

### How They Stack Up

All nuts have heart-healthy fats, but amounts vary. Here's what you get when you shell out:



GRAMS OF FAT PER 28g SERVE

**In a nutshell:**  
protein, healthy  
fats, disease-  
fighting firepower.



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\*TEP is free for Australian citizens, permanent residents and Humanitarian Visa holders. <sup>^</sup>Source: Times Higher Education Rankings 2015-2016.

# TALK THE TALK

Your best friend in the bedroom turns out to be your tongue. Settle down - we mean using it to talk with. In a Medical University of Vienna study that examined female sexual dysfunction, women who discussed sexual matters with their partner and took the hormone oxytocin - dubbed "female Viagra" - before sex reported significant improvement in sexual satisfaction. However, the researchers report, another group who also discussed their sex lives but only received a placebo dose of the hormone saw similar improvements. Silence is clearly not golden.

PULSE

SEX



## Help Yourself

Get busier in the sack by picking up the slack. If your sex life has gone quiet since having a child, pitching in may stoke the home fires. A study from Georgia State University shows couples who share childcare chores have better sex and higher-quality relationships. In fact, women in relationships where the man did most or all of the childcare reported the highest-quality sex lives. You know where the vacuum is!

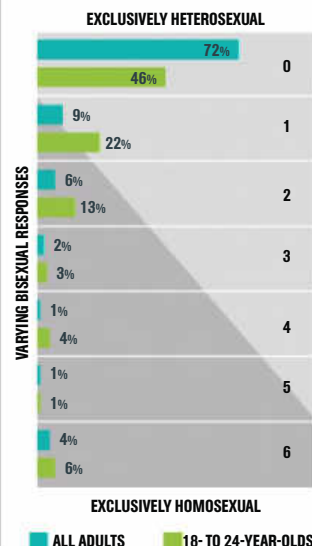
## BLURRED LINES

The Kinks were onto something when they sang it's "a mixed up, muddled up, shook up world". A UK Government survey that asked more than 1600 adults to plot themselves on the Kinsey Scale of Sexuality (where 0 is exclusively heterosexual and 6 is exclusively homosexual) found almost one in five wouldn't identify themselves as entirely one or the other. In-betweenism was most common among 18- to 24-year-olds, 43 per cent of whom identified themselves as somewhere in the middle. Next up were those aged 25-39, with 29 per cent reporting fluid sexuality.

11.21

THE TIME OF NIGHT WHEN, ON AVERAGE, WOMEN MOST FEEL LIKE HAVING SEX. (FOR GUYS, IT'S 7.54 - IN THE MORNING.)

SOURCE: SURVEY OF 2300 ADULTS BY LOVEHONEY.COM.AU





**GARMIN**



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fenix® 3 is a rugged, stylish and smart multisport, training GPS watch. With feature sets for fitness training and for outdoor navigation, fenix 3 is ready for any training activity and competition from triathlon to trail running. Perfect for everyday use with smart notifications which allows you to receive all the alerts you'd see on your phone directly to your watch including texts, calendar alerts, social media notifications and more. Access to the Connect IQ platform allows customisation of watch faces, data fields, widgets and activities whether for training or every day use. Who says sports watches can't be stylish?

See it in action at [Garmin.com.au](http://Garmin.com.au)

Garmin Australia @garminau



fenix 3

**BODY BOOSTER****ROLL ON, ROLL OFF**

Foam-rolling before and after a workout can help speed recovery, but don't stop there. To significantly improve your mobility, you also have to foam roll on days you don't train, say University of Oregon researchers. Roll each of your major muscle groups for a few minutes on your off days to reap the maximum benefit.

## BOOST YOUR LUNGE CAPACITY

You needn't always live a well-balanced life. Offset training - loading one side of your body - makes moves like the lunge and split squat more challenging. Which side should you load? It depends on your goal. Holding the weight in the hand opposite your working leg engages your *gluteus medius* almost twice as much, say scientists at Palacky University. Holding it in the other hand emphasises your quads.

**Bust a Rut**

Looking for "them gains"? To pack on size quickly, many guys train like bodybuilders (eg, back and biceps one day, chest and triceps the next). But if your muscle growth seems to be levelling out, it's time to change your approach. Total-body workouts can help you break through a training plateau, a study from New York's Lehman College suggests. "Training muscle groups at least twice a week may stimulate more protein synthesis," says study author Brad Schoenfeld. The result: fresh growth.

175

STEPS-PER-MINUTE PACE THAT YIELDS THE BEST RUNNING ECONOMY IN ELITE RUNNERS. SOURCE: EUROPEAN JOURNAL OF SPORT SCIENCE





# BPM

NIGHT EDGE

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BRISBANE QUEENSLAND

ICONIC 1 & 2  
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01/16

# PERSONAL BEST







Unleash the beast:  
Johnson's time at The  
Mill transformed his  
training routine.

# Power Play

**Mitchell Johnson's career was defined by his reponse to setbacks. But he credits a stint in Australia's toughest gym with helping forge the strength that laid the foundation for success**

[ BY BEN JHOTY ]

"DO YOU WANT TO PLAY for Australia one day?" Mitchell Johnson is addressing an eager youngster who, on spotting the fast bowler at *MH*'s photo shoot at Sydney's Walsh Bay, can't resist the opportunity to grab a tennis ball and roll his arm over at his hero.

The kid nods, barely managing a shy "yep", before handing the ball back to Johnson. "Keep bowling like that and you'll get there one day..."

As the kid wanders off with a story he'll remember for the rest of his life, Johnson smiles. "That was me once upon a time. I wanted to become the next Brett Lee. Next thing I know I'm playing with him."

The story is the kind of boys' own fairytale many of us dreamt of growing up. And when you hear Johnson tell it, it seems achievable, almost inevitable, perhaps even easy.

The part you don't hear so much about? The diligence behind the dream, the setbacks that precede the glory, the dark moments before the dawn. But if anyone knows exactly what playing for your country truly involves – the highs and the lows, the cheers and the jeers – it's Johnson.

Because while he recently called time on his Test career at the WACA, the reality is it could have all ended four years ago. Back then, crippled by a toe injury and with a fresh crop of young pacemen pressing their claims, he looked like yesterday's man. He was in the wilderness, a place every man finds himself at some point, be it through a season-ending injury, sudden redundancy or painful break-up. It's not somewhere you want to dwell too long, but the time it affords you to focus on your strengths and weaknesses can be invaluable. As Johnson was to discover, put that time to

good use and it can shape the rest of your career, or indeed your life.

"It takes real drive to come back and get to the top," he says. Actually it takes more than that. Johnson's nickname in the Australian team was "The Beast", a sobriquet that salutes his capacity for hard work in the gym. It could just as easily serve as his alter ego. Johnson's battle to overcome his mental demons has been well documented. But no less important was his physical transformation. To get back to the top he had to *become* the beast.

## HURTING BREEDS HUNGER

The beast was born in an invitation-only gym in North Fremantle, WA, back in 2012. With the simple tagline, "you work, you reap", The Mill has attained almost mythical status in training circles for its hard-edged approach to all-round fitness. That comes from its founders – former SAS soldiers who've sought to bring a survival ethos to training the civilian population.

It was here in this spare, brick-walled shed that Johnson went to rebuild his career. When he entered The Mill he was desperate. And in desperation he found truth.

"When I walked in there, they asked me what I wanted to achieve and I said I wanted to get strong," he recalls. "They said, 'right answer'. It wasn't about looking good. They would have stopped me at the door. I was there to get something done."

Brett Lee aside, there have been few fitter blokes than Johnson to don the Baggy Green. But fitness is specific and it's relative. Practise one or two movements all day, every day and you will, in time, excel at those movements. »»

At the same time, achieving expertise in one area invariably means neglecting others. At The Mill, Johnson discovered exactly where his physical capabilities really stood, as well as the tools he needed to take his fitness to a higher plane.

"I was intimidated," he admits. "I basically learned straight away that I wasn't fit. I was cricket fit but I wasn't *fit*. Some of the guys in there are machines." Ironical perhaps: it takes a machine to build a beast.

Johnson remembers one particularly gruelling conditioning session with a top-level female CrossFitter. "It was the worst I've ever felt in the gym," he says. "I was close to spewing – I've never felt like that from training."

The Mill's head trainer, John Negoescu, led some of Johnson's sessions. While impressed by the fast bowler's ability to pick up new movement patterns, he believed his overall fitness still had room for improvement. "There are members in here who put athletes to shame," Negoescu says. "When athletes see that they think, 'I better pull my finger out'. Attitude is the thing we're really trying to train."

Johnson admits he was humbled. Combined with a burning desire to prove the naysayers wrong, the motivation he carried into training couldn't have been higher.

## DRAW ON YOUR CORE

Johnson was no stranger to the weight room. But he was largely unfamiliar with the movement patterns that have transformed the fitness landscape over the past decade and were to become the fulcrum of his drive to become stronger: Olympic lifting.

"It's been a game-changer for me," he says. "Moves like the snatch and power cleans are almost unheard of in cricket. But they're such powerful exercises. As a fast bowler you've got momentum, but when you reach the crease you're stopping your body. You need that strength in your lower half and core to propel your body over."

It's in the core, Johnson adds, that power and speed – think 150km/h thunderbolts – are produced. "When you start lifting a big weight you've got no choice but to switch your core on," he says.

Negoescu believes these lifts helped fortify Johnson's body against injury and increased his overall strength capacity. "Would you rather be a V6 or a V8?" he asks. "A V8 has to work at 50 per cent capacity at a certain speed, whereas a V6 has to work at 75 per cent. You're able to complete more work, which makes you more injury-proof."

Johnson left The Mill with a plan to incorporate what he'd learned into his own training. As his toe continued to heal he was able to increase load and volume. He got stronger. Hardened by his time in the wilderness and given a brief to bowl fast and short, he became nastier, too. The beast was ready to be unleashed. What happened next has become the stuff of folklore.

## THE FIT AND THE FURIOUS

To say that Johnson tormented the English batsmen in the 2013/14 Ashes series is perhaps underplaying the extent of the destruction he wrought. His withering pace and spiteful bounce recalled the great West Indian fast bowlers of the Eighties. "Chin music" was back.

Johnson remained at the forefront of Australia's pace bowling line-up right up to his recent retirement against the Kiwis. Looking back on his career, it's clear how important that time in the wilderness was to his overall legacy. "Getting injured was a blessing in disguise," he says. "It was the best I've ever come back. I can't remember missing a day of training or rehab. I was working towards a goal. I had a plan."

It's a message Johnson doesn't tell kids on the street – but it's one anyone can learn from. "You've got to make mistakes to reach the top," he says. And, more importantly, you've got to dig deep within yourself to come back from them. In doing so you become stronger. ■

OLYMPIC LIFTS ARE ALMOST  
UNHEARD OF IN CRICKET.  
BUT THEY'RE SUCH  
POWERFUL EXERCISES

## EAT LIKE A WARRIOR

Like many in the Australian cricket team, Johnson has been influenced by team doctor Peter Bruckner's high-protein, fat-for-fuel nutritional ethos. "I'm basically low carb, high fat," he says. To recover from heavy gym sessions, Johnson uses Swisse's Pure Warrior Extreme Whey. After bowling sessions, he favours Pure Warrior Extreme Burn. "It gives me a little bit of protein for recovery and energy for the next session," he says. Here's what his day looks like in full:



**BREAKFAST**  
Bacon, sausages, eggs,  
avocado and mushrooms



**POST-TRAINING SNACK**  
Pure Warrior Extreme Whey



**LUNCH**  
Chicken and salad



**POST-TRAINING SNACK**  
Pure Warrior Extreme Burn



**DINNER**  
Steak or fish, with salad  
or vegies

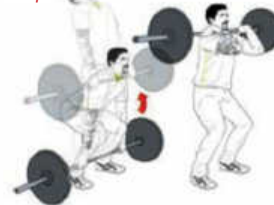
PHOTOGRAPHY: ANDRE MOONEN



## CORE BLIMEY!

USE JOHNSON'S CORE WORKOUT TO GIVE YOUR BODY AN INJECTION OF POWER

### 1 / POWER CLEAN 4 x 6 reps

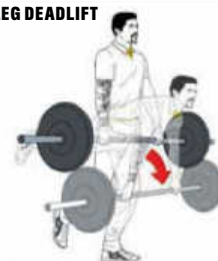


### 2 / SINGLE-LEG BARBELL STEP-UP 3 x 4 reps

"On a 30-centimetre box, push up. Focus on activating your glutes," says Johnson.



### 3 / SINGLE-LEG DEADLIFT 4 x 6 reps

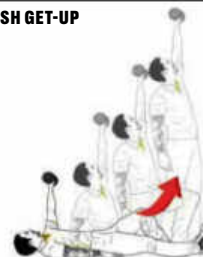


### 4 / BENCH PULL 4 x 6 reps

Build up in weight so that on your last two sets you can only push out 1-2 reps, Johnson advises.



### 5 / TURKISH GET-UP 4 x 6 reps



### 6 / TRICEPS PULLDOWN 4 x 6-10 reps

"I throw this in at the end to feel good," Johnson says.



**DO THE WORKOUT**  
SCAN THE PAGE WITH  
THE VIEWA APP TO PUT  
JOHNSON'S POWER-UP  
ROUTINE ON YOUR PHONE

With his back to the wall, Mitchell Johnson rebuilt his bowling career.

## 2 CABIN FEVER

The combination of cabin dryness and close contact with others in a confined space is a recipe for colds. When your stomach wakes up, opt for a tub of Greek yoghurt (and skip the airline's tasteless croissant). Its low-fat protein will bolster your immune system.

**Bonus:** the live bacteria settle your digestion to help deflate mid-air bloating.

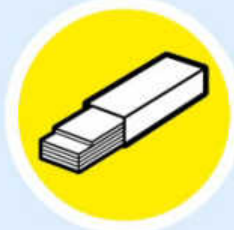


# Plane Sailing

Get onboard with these health tips to stay fit at altitude and elevate your mood before touchdown

## 1 HIGH AND DRY

The humidity of the air in your plane is 10-15 per cent – about half the level you're used to, which is why your tongue feels like sandpaper by the time you land. Grab an OJ at the gate to stock up on hydrating minerals such as potassium. Sucking on ice will also help, so ask for a cup with your first in-flight drink.



## 3 TOP OF THE POPS

Pressure changes make your ears pop painfully? Chew gum for 30 minutes during take off and landing. You'll swallow more often, equalising pressure between your inner and outer ear. Chewing also cuts cortisol, reports Northumbria University – useful after having your seat-back kicked for five hours straight.



## 4 SAFE SEAT

Sitting over the wing is best for nauseous flyers, as it's closest to the plane's centre of gravity. Staring out the window at the horizon will help, too. Aisle seat? Keep your head out of the sick bag by sucking on a ginger lozenge, suggests the *British Journal of Anaesthesia*. Then pre-select your seats next time.



## 5 LANDING LIGHT

Regardless of how tired you are, fight the urge to go from luggage carousel to hotel bed. You need to get outside. If you're jetlagged, natural light will help get your body clock back in sync. Keep naps to 20-30 minutes to prevent sabotaging a full night's rest. And try to avoid the mini-bar until you've caught up.





# SPORTS NUTRITION

TRAIN HARD » LIVE LARGE

## FOR SERIOUS RESULTS



### PRE WORKOUT

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- » With Creatine
- » Great Tasting, Easy Mix Formula



### HARD GAINER MASS

- » With Creatine
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- » Mass Muscle Growth and Recovery
- » Great Tasting, Easy Mix Formula



### MUSCLE DELUXE BAR

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- » Boosts Energy Levels
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# Smart Drinking

'Tis the season for lunchtime looseners and daytime debauchery. Use our three-point plan to avoid the dreaded afternoon slump

**ERNEST HEMINGWAY** summed up the daytime drinking comedown best: Death in the Afternoon. Which, fittingly, became the name for his infamous cocktail and questionable hangover cure. Being *Men's Health*, we can't recommend mixing absinthe and iced champagne to fix your head, but we can help you hold off the beer-garden crash that comes long before last drinks.



## PRE-PEAR YOURSELF

Call gone out for a lunchtime trek to the local? Pack a pear. Recent research by CSIRO scientists found eating a pear before your first drink can significantly reduce both your blood alcohol level and hangover symptoms.

According to the researchers, pears act on key enzymes to inhibit alcohol absorption and speed up its metabolism. In fact, they're particularly effective at cutting blood acetaldehyde levels, the toxic compound thought to be responsible for hangover symptoms. But be warned: the scientists only studied Korean (similar to nashi) pears.



## STRAIGHT SHOOTING

The key to avoiding a premature hangover may lie not with what you put in your glass – but rather your choice of glass. A Bristol University study found that those who drank beer from a straight glass instead of a curved one sank each pint 1.2 minutes more slowly. According to the researchers, glasses with measurement markings are even better: while your body absorbs alcohol faster than you can metabolise it, measurement etchings tell your brain to slow the pace so your liver doesn't take such a hit.



## SAVE YOUR BACON

Back in the office and staring glassy-eyed at your computer screen? A bacon sandwich could ensure you don't pass out on the trip home. According to researchers at the UK's Newcastle University, alcohol depletes the amino acids in your body, so a solid hit of protein-rich bacon mixed with some readily accessible carbs is the perfect mix to replenish them. A greasy wad of bacon sound a bit much after a skinful? Try a glass of milk with a scoop of whey protein. Grate in some nausea-fighting ginger if you're feeling particularly queasy.



EATING A PEAR  
BEFORE YOUR  
FIRST DRINK  
CAN REDUCE  
YOUR BLOOD  
ALCOHOL LEVELS

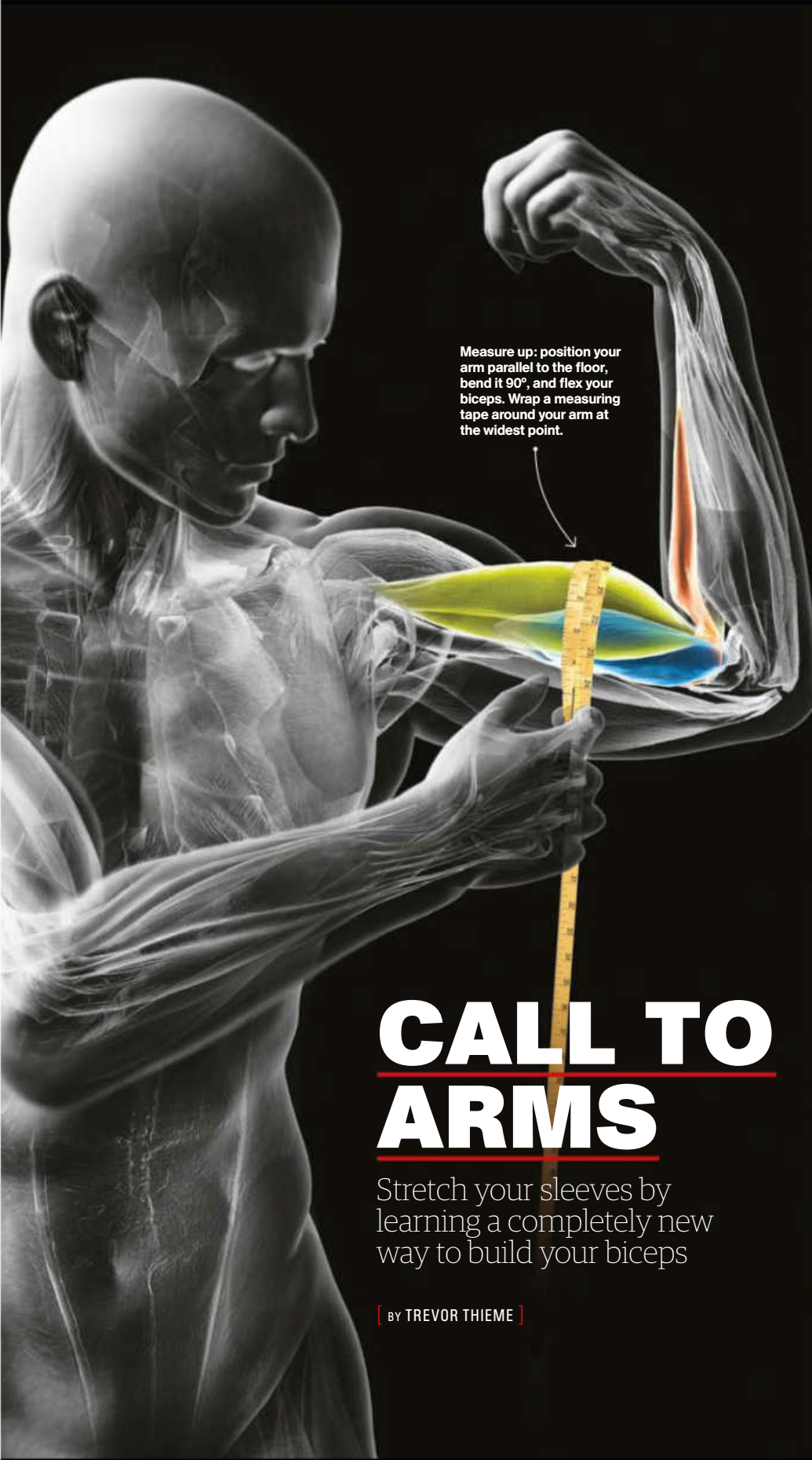


# ***Your secret weapon in the laundry***

The unique formula in **Dynamo** contains **Stain Lift Technology** that lifts dirt and stains and keeps them from re-depositing back onto your clothes, to deliver a powerful clean across your whole wash.



## **WASH WITH CONFIDENCE**



Measure up: position your arm parallel to the floor, bend it 90°, and flex your biceps. Wrap a measuring tape around your arm at the widest point.

# CALL TO ARMS

Stretch your sleeves by learning a completely new way to build your biceps

[ BY TREVOR THIEME ]



**WITHOUT EVEN KNOWING YOU,** we're confident that your arms aren't as big as they could be. How can we be so sure? Because most men – seasoned lifters included – make one critical error when working their biceps. “Most guys approach their sets backwards,” says physiologist Chad Waterbury, author of *Huge in a Hurry*. “They lift so that the hardest part comes at the end of the set. But to hit your largest muscle fibres, which have the greatest growth potential, the toughest part needs to come first.”

## The Science of Exertion

Whenever you contract your biceps – whether you're lifting groceries or curling iron – your muscle fibres are recruited in an orderly fashion from smallest (type I) to largest (types IIa and IIb). “And those big type II fibres respond only to high levels of force,” says Waterbury. “So if you're lifting slow and steady – as you do when you fatigue at the end of a set – all you do is exhaust your smaller fibres.” Your larger, more powerful muscle fibres never come into play.

## The Big-Arms Breakthrough

“Front-load your sets, exerting maximal force when your fibres are fresh,” says Waterbury. You can apply this principle to boost growth in any muscle, but you have to tailor it to your target. For biceps, high-tension isometric exercises work best, he says. In practice, that means starting each set by holding the hardest part of the move – the top of an inverted row, for example – then banging out a handful of regular reps. Waterbury knows that hitting “pause” bucks conventional wisdom – that to get big you have to lift big. His reply: “Rings gymnasts have the biggest biceps on the planet – and holds are all they do.”

Try it by adding one of the moves that follow to each of your weekly workouts for six weeks. “You'll hit your biceps,” says Waterbury, “and also your brachialis (beneath your biceps) and your brachioradialis (in your forearms), optimising your overall growth potential.”





### **MONDAY /** **Inverted Row (overhand)**

#### **MUSCLES TARGETED**

*biceps brachii and brachialis*

Secure a bar at waist height and hang below it at arm's length using an overhand, shoulder-width grip. Your body should be straight from head to ankles, your heels on the floor. Pull your shoulderblades back, then pull with your arms to lift your chest to the bar. Hold this position for five seconds, squeezing your biceps as hard as you can. (Imagine you're trying to crush the bar between your hands, but don't actually move your hands.) Now do five fast reps. Rest for 10 seconds and repeat; this time hold the top position for four seconds, then do four reps. Rest for 10 seconds again, then hold for three seconds and do three reps. That's one set. Do three sets in total, resting for three minutes between each.

### **WEDNESDAY /** **Decline Hammer Curl**

#### **MUSCLES TARGETED**

*biceps brachii and brachioradialis*

Grab a pair of dumbbells and lie with your chest against a bench that's set to a 70° incline. Let the dumbbells hang at arm's length with your palms facing each other. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Hold this position for five seconds, squeezing your biceps as hard as possible. Now perform five fast reps. Rest for 10 seconds and repeat, this time holding the top position for four seconds, then doing four reps. Rest for 10 seconds again, then hold for three seconds and do three reps. That's one set. Complete a total of three sets, resting for three minutes between each.

### **FRIDAY /** **Inverted Row (underhand)**

#### **MUSCLES TARGETED**

*biceps brachii*

Secure a bar at waist height and hang below it at arm's length using an underhand, shoulder-width grip. Your body should be straight from head to ankles, your heels on the floor. Pull your shoulderblades back, then pull with your arms to lift your chest to the bar. Hold for five seconds, squeezing your biceps as hard as possible. (Again, imagine you're trying to crush the bar between your hands, but don't actually move your hands.) Now do five fast reps. Rest for 10 seconds and repeat; this time hold the top position for four seconds, then perform four reps. Rest for 10 seconds again, then hold for three seconds and do three reps. That's one set. Complete three sets, resting for three minutes between each. ■

## **WORK BOTH SIDES**



**IF YOU WANT BIG  
GUNS, YOU CAN'T  
FORGET YOUR TRICEPS**

They account for more than two-thirds of your upper-arm mass. "Each triceps muscle has three parts, or heads," says Tyler English, author of *The Natural Bodybuilding Bible*. "The close-grip bench press hits them all." Place your hands 20-30 centimetres apart on the bar. Do three sets of eight reps once or twice a week.

### **MAXIMISE YOUR MUSCLE**

Recruit larger fibres and you'll grow bigger faster

**1 / PARTIAL ACTIVATION**  
Most traditional set-and-rep schemes (three sets of 10 slow reps, say) engage only the smaller, endurance-focused fibres concentrated near the centre of the biceps.

**2 / FULL ACTIVATION**  
Adding an isometric hold to the start of each set generates enough force to engage your full spectrum of fibres, including the large type II fibres found on the periphery of the biceps.

**NERVE  
PAIN  
FEELS  
DIFFERENT**



**Are you putting up with pain that  
doesn't go away? It may be nerve pain.**

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SHOCKS**



**BURNING**



**FREEZING  
OR NUMBING**



**SHARP OR  
STABBING**



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on nerve pain**







# Breaking Points

If it's a happier ending you're after, use our guide to make parting sweeter for both of you

## EXPERT PROFILE

### NAME:

Nichi Hodgson

### JOB:

Author, activist and former dominatrix, Hodgson offers advice on how to handle relationship fallout with minimum collateral damage and maximum gain.



When you said  
dessert was on  
the menu...

**Q: My ex has invited me over for a one-off dinner with the option of "dessert". Good idea or bad idea? TB**

**A:** Scientifically speaking, yes, it has merit. It's all to do with emotional arousal, a subject explored in detail by the famous "bridge" experiment conducted by Dutton and Aron back in 1974. When you feel intense anger, fear, jealousy or catatonic despair that you'll never get to see each other again, it creates excitement – and it's when that excitement is transferred to sex that the sparks start to fly.

Realistically, though, remember that if you get hooked back into the relationship, that passion will quickly level out again. So, by all means, accept the invitation and enjoy yourself. But for the sake of both your and her sanity, only ever do it once. »

**Q: Our sex life is on its last legs and it feels like we can't be bothered to keep the whole relationship going. But neither of us wants to admit it. How do I bring it up?** DC

**A:** It's undeniably sickening being the one to call time, but it's vital for your mental health to do so. Research published in the *Journal of Health and Social Behaviour* shows that men suffer the fallout of bad relationships more than their female counterparts, due to the fact you blokes simply don't like to open up to your friends. While you'll moan about work or the government over a drink in the pub, she's bouncing her feelings, worries and desires off her friends, family and colleagues.

So, setting up a time to talk to your partner as soon as possible is the first step.

As for what happens next, use relationship therapist Susan Quilliam's three-point strategy: do it in person, do it firmly and do it kindly. Firstly, pick a public location to meet face-to-face to put the brakes on emotional outbursts. Then make sure you don't enter into any bargaining – it will only defer or prolong the agony. Finally, don't blame or shame. Then head out with a mate for a few beers and a long chat. You'll feel much better for it.

**Q: I'm recently divorced after a 10-year marriage and I want to get back in the saddle. It's like riding a bike, isn't it?** MT

**A:** When you've been in a relationship for a long time, it not only affects what approach you should take to dating, but also how long you should wait before diving in. Whatever your friends have told you, this probably isn't the time for Tinder. "There is a grieving process to go through – regardless of how okay you feel," says therapist Tania Glyde. "But once that's passed, a good adage is 'date for fun, not for the one'. And think carefully about what you want from a partner. Even running after the opposite of what you had before may lead you to the same place."

If you really are committed to getting back in the saddle as soon as possible, the best new hook-up app is Mixxxer. More straightforward than most, its users are, frankly, all about sex. Which makes it a far easier place to find the NSA arrangements that will supply the physical and ego boost you're after, while still giving you a mental break from relationship stress.

**Q: I spent a night with someone else during "a break". Now we're back together. Should I tell her?** ES

**A:** It really depends on the rules that you agreed for your time apart. Unless it was explicitly stated that any sexual encounters wouldn't be held against each other at a later date, I would advise that you're better off keeping quiet. Bear in mind that some actions – like a throwaway one-nighter – can cause a disproportionate amount of distress.

An exception to the rule: if you've slept with someone in your social circle (more common than you'd think). If you don't trust those in the know to stay *schtum*, then you're better off confessing before your girlfriend finds out. Studies from Pennsylvania State University found that women feel more let down by emotional cheating than the physical act itself, so make every effort to assure her that it was just a poorly timed, badly judged and purely physical dalliance – nothing more.

**Q: My girlfriend keeps spending time with her ex. She says they're just friends, but should I call her out on it?** ER

**A:** What exactly do you mean when you say "spending time"? Are they working together? Going for dinner? Coffees? It's the level of intimacy that indicates if that time-spending is appropriate or not, so adapt your stance accordingly. If she's choosing time with him over time with you, then make that the focus of your concerns, rather than it being an issue of trust.

Bear in mind that it's him you should be wary of, not her. The University of Wisconsin found that young men, regardless of their relationship status, are more likely than women to desire their friends. Admitting that you distrust this guy will come across as endearing jealousy rather than stir-crazy paranoia. If she doesn't see it from your point of view, perhaps that should be the issue, rather than who she's having coffee with.

Let this be your motto: "Date for fun, not the one"

THE BEST NEW HOOK-UP APP IS MIXXXER. ITS USERS ARE, FRANKLY, ALL ABOUT SEX



# Fuel Fabulous

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Practising Dietitian

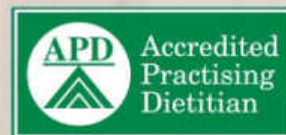


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# Survive Just About Anything

Disaster can strike at any time. When it does, be a man with a plan



Sometimes life can kick you in the balls. Speaking of which, if you ever are kicked in the balls, do you know how to build a testicle cradle so you can provide your boys with some relief?

It's simple: just roll up a T-shirt and put it under your nads with the ends of the roll resting on each thigh. Then dump ice on your crotch to reduce the swelling and numb your nuts. Blood in your urine? You'd better take your sad sack to emergency.

No lasting damage? Good. Now read on for more life-saving tips.

## YOU FELL OUT OF A RAFT IN WHITEWATER RAPIDS

**YOUR FIX** We know you're being pounded by megalitres of water – but try not to panic. Float on your back facing downstream with your toes above water. Backstroke away from rocks and keep an eye out for downed trees that can trap you. Aim towards the shore.

## YOU UPSET A WASP'S NEST. NOW THEY'RE AFTER YOU

**YOUR FIX** Don't swat at them or run in a zigzag pattern. Just pull your shirt over your head and run in a straight line as fast as you can – into the wind, if possible, to slow them down. They should give up the chase before you reach shelter. If you've been stung more than 15 times or feel sick, head to a hospital.

## YOU'RE STUCK OUTSIDE IN A LIGHTNING STORM

**YOUR FIX** Put your feet together so they touch. Now squat down, wrap your arms around your legs and perch on the balls of your feet. If a bolt hits the ground, the current may bump over the balls of your feet and re-enter the ground without travelling up one leg, into your body and down the other leg.

## YOU'RE HOME ALONE AND CHOKING ON A SLICE OF PIZZA

**YOUR FIX** You need to self-administer abdominal thrusts. Clench your fist and place the thumb side below your rib cage and above your belly button. Grasp your fist with your other hand and thrust in and up sharply. Not working? Lean over the back of a chair and press your upper abs hard into it, forcing up air to shoot the chunk out.

## YOU HAVE A BEER BUT NO BOTTLE OPENER

**YOUR FIX** Grab the neck of the bottle with your left hand (if you're right-handed). Rest the shaft of a long key just under the bottle cap (jagged edge away from the bottle). The tip of the key should lie across the bottom half of your left index finger. Keeping your grip tight, use the key to lever the cap off in one quick motion.

## YOU WENT BIG ON YOUR BENCH PRESS AND NOW YOU'RE PINNED

**YOUR FIX** Lower the barbell to your chest with upward pressure so you aren't crushed. Keep that force as you roll the weight down your body and over your hips. Then sit up and call for help. And next time use a spotter, Arnie.

## YOU JUST MADE A COLOSSAL ERROR IN THE OFFICE

**YOUR FIX** Don't make excuses. Take responsibility. With eye contact and an even tone, apologise. Say: "I dropped the ball here. I'm sorry." Then explain your plan to ensure it won't happen again. Your brevity displays respect and sincerity. With luck, that'll be enough.

## YOU LOST THE SCREW FOR YOUR GLASSES

**YOUR FIX** Cut a piece of fishing line, tie a knot in one end, and slip the line through the temple and screw hole. Tie another knot, then melt both knots with a match to form a rivet. With your vision returned, look up the address of the nearest optician.



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comfort for **sensitive skin**



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- **Comfort**  
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GentlePrecision  
blade system
- **Flexible**  
5-direction  
DynamicFlex heads
- **Modular**  
SmartClick heads  
interchangeable

\*compared to other Philips shavers

\*\*Vs. Philips Shaver Series 5000

# The Italian Job

**Pasta dishes tend to be as kilojoule-loaded as they are irresistible. Here's a paleo carbonara you can eat to your heart's content**

One day I was cutting up sweet potato and its shape intrigued me. I wondered: *What can I do with this in a pasta sense?* The answer? Cook up something awesome.

Don't misunderstand me. There's nothing wrong with making carbonara with pasta; it's a beautiful dish. But using sweet potato is a change-up for when you want a lighter alternative that's also gluten-free. It's not better or worse than the original, just different. And, yes, cleaner.

How can you go wrong with a dish that has bacon, onion, garlic, eggs and mushrooms? *Bon appétit.*

Sweet-tasting but low GI, sweet spud is packed with carotenoids, which bolster your immune system while protecting you from the effects of ageing.

The poached egg is the star of this dish. As well as adding protein and too many nutrients to mention, it provides a creaminess that compensates for the absence of real cream (which doesn't feature in traditional carbonara, by the way).

Mushrooms are a premium example of food as medicine, being antiviral, antibacterial, anti-inflammatory and antioxidant immune boosters.



#### KITCHEN COACH

The author of *Dude Food* and *The Healthy Cook*, Dan Churchill is the Food Guy for *MH*. In this regular series he'll show you how to prepare classic dishes to satisfy the heartiest appetite



## PALEO CARBONARA: THE LOWDOWN

### YOU WILL NEED

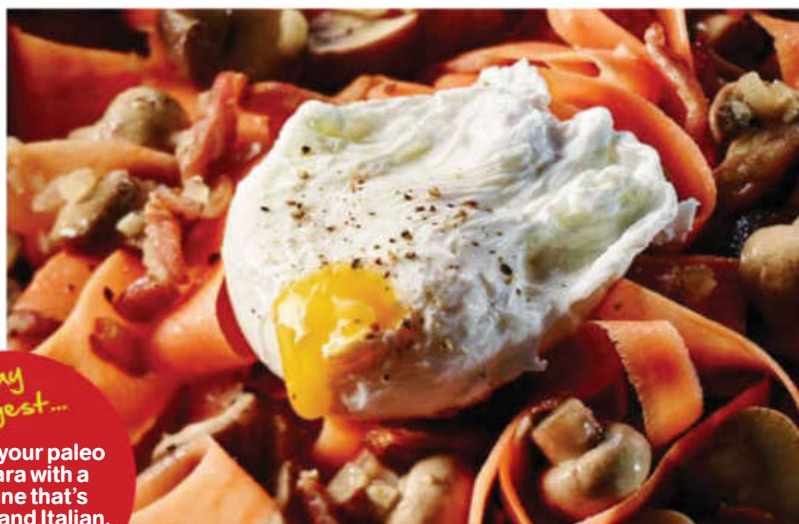
- 3 TBSP OLIVE OR MACADAMIA OIL
- 1 ONION, FINELY CHOPPED
- 1 GARLIC CLOVE, FINELY CHOPPED
- 4 RASHERS LEAN BACON, FINELY CHOPPED
- ½ CUP MUSHROOMS, SLICED
- 4 EGGS
- 1 TSP VINEGAR
- PINCH OF SALT
- 1 SWEET POTATO, SKIN REMOVED AND FLESH PEELED INTO STRIPS

### METHOD

- 1** / Add the oil to a frying pan on high heat and brown the onion and garlic for 3-5 minutes.
- 2** / Add bacon and mushrooms and cook for 4-5 minutes until browned. Remove from the heat.
- 3** / Bring a small pot of water to the boil, add the vinegar and create a whirlpool by circling the water. Turn the heat to medium and crack an egg into the centre, carefully moving the egg to the outside. Repeat with remaining eggs until cooked. Remove to paper towel with a slotted spoon.
- 4** / Meanwhile, bring a pot of water to the boil and add a pinch of salt along with a splash of oil. Add the peeled sweet potato strips and cook for 20 seconds, before draining and running under cold water for 15 seconds. Drain again.
- 5** / Combine your bacon mix with the sweet potato and remaining oil in a mixing bowl to warm through. Serve between four plates and top each with an egg.

*May I suggest...*

Teaming your paleo carbonara with a white wine that's crisp, dry and Italian. Let's go with pinot grigio.



## YOUR SUPERFOOD SIDE SALAD

We asked Professor Manny Noakes, expert contributor to *The CSIRO Total Wellbeing Diet: Recipes on a Budget*, to pick her best foods known to man. Here are four of them combined in one side dish

IN A LARGE BOWL COMBINE . . .



### ROCKET

**Why** As nutrient-packed as spinach, but peppery rather than bland.



### BEETROOT

**Why** Its purpleness marks it as rich in polyphenols, which subdue inflammation and protect your ticker.



### MUSHROOMS

**Why** Worth slipping extras into the salad because they contain flavour-enhancing glutamate, which helps with fat loss by making you feel satiated quicker.



### RICOTTA

**Why** Top source of whey protein for filling out your shirtsleeves.



Drizzle with a high-quality dressing, such as Cobram Estate Extra Virgin Olive Oil (Robust Flavour). Toss and serve.

## PASTA WITHOUT THE PAUNCH

**SUBBING IN LONG STRIPS OF VEGETABLE FOR PASTA SLASHES A MEAL'S KILOJOULE COUNT. HERE'S THE LOWDOWN ON YOUR SMARTEST CHOICES**



**ZUCCHINI**  
67



**SQUASH**  
160



**SWEET POTATO**  
361

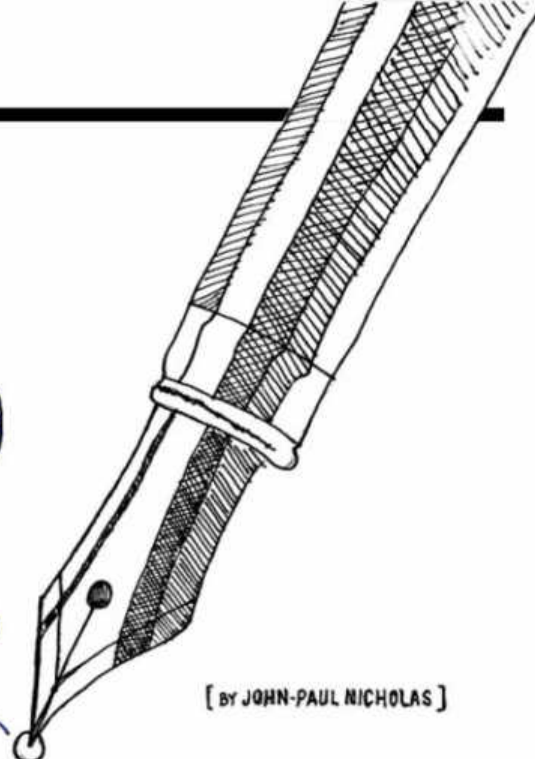


**PASTA**  
659

[Kilojoules per 100g]



**MAKE THIS RECIPE**  
SCAN THE PAGE WITH THE  
VIEWA APP TO ADD DAN'S  
PALEO CARBONARA TO  
YOUR PHONE



[ BY JOHN-PAUL NICHOLAS ]

# Write Your Wrongs

Words give life, as the proverb goes. For a better life, the pen is mightier than the bottle

MEN ARE USELESS AT TALKING about themselves. It's an incontrovertible fact, even if you're Shane Warne. Ask me about my road bike and I'll talk for days; ask me how I'm really doing and you'll get two words at best. I've had this conversation about 17,309 times now:

"Hey mate, how's it going?"

"Good thanks! You?"

"Good, yeah."

"..."

"...bye then."

Like a hostage, I need to be dosed with enough truth serum (alcohol) to speak honestly about what's really going on with me. *In vino veritas*. I'm not alone in this, am I guys? Guys? ... Guys!?

The statistics offer cold comfort: rather than talk through our problems, men are three times more likely to self-medicate (and twice as likely to become alcoholics in the process) than the loquacious opposite sex. Our wisdom in manning up and keeping *schtum* is felled by one stat: 72 per cent of the people who seek help with their mental health are women, while 75 per cent of people who take their own lives are men.

Luckily, we needn't start scheduling *Marley & Me* nights in with friends. We needn't hold each other, manfully yet tenderly, and weep into each other's beards. All we need is a pen.

In 1983, University of Texas psychologist James Pennebaker performed an experiment. He asked half of a college research group to write about their darkest secrets for 15 minutes. The other half wrote about their shoes. The

results were astounding. Those who expressed their traumatic experiences halved their subsequent visits to the student health centre. The other half lost their shoes. Okay, the bit about misplaced footwear's not true, but Pennebaker had scientifically proven that writing about your emotions can improve your health significantly.

Skip forward three decades – and 300-odd research articles – and we've found that writing about traumatic experiences reduces your likelihood of getting ill, speeds up post-operative recovery and makes relationships last longer. It can reduce cancer patients' secondary symptoms and lower HIV patients' viral loads. Writing also helps you come to terms with lingering resentments and repressed feelings, so you can move on with your life. One experiment, for example, found those who wrote about being made redundant were re-employed more quickly. Starting an interview with "They let me go, the bastards!" does not a job offer make.

Unfortunately, filling your Moleskine with "MY BOSS IS SATAN" won't land you a dream job either. There is a tried and tested method practitioners have used since the original study.

First, find a place you won't be disturbed. Pen, mobile, laptop, slate – the medium doesn't matter; neither does spelling nor grammar. Opportunities to be entirely off-the-chain honest arise rarely so it might not come easily. Stick to 15 minutes. Shorter won't give you time to get into it; go much longer and you can fall into a ruminative cycle, stewing in your emotions. Anyone with a passing knowledge of *The Shining* will appreciate the pitfalls therein.

In fact, there's more Jack Nicholson can teach you: don't leave your writings lying around. You'll find that planning to destroy the document before writing will stop you censoring yourself. I've found a terracotta plant pot is useful if you want to set paper alight.

Now, what to write about? My restless hare-brain bounds between niggling worries to my most traumatic experiences, but you can let off steam about anything; just explore your true thoughts and unfettered feelings. You're translating emotions into words and arranging them into a rational narrative. It relieves your mind because those thoughts no longer clog up your mental bandwidth. You're spring cleaning. Let it rip.

Stick at it if you like it. Everyone to whom I've evangelised about this finds they feel its effects only after writing for three or four days in a row. A new study has found that those who express their secrets become more open and sociable. I can testify to this. In fact, the next person who says, "How's it going?" is in for a surprise – there's a lot to be discussed.

**You can let off steam about anything; just explore your true thoughts and unfettered feelings**



LOOK THE BEST YOU CAN



# 7 Tips to Optimise Your Diet

How to slice, rinse, chop and chew your way to fewer kilojoules and more nutrients

[ BY JEFF CSATARI ]

## DO YOU NEED TO OVERHAUL YOUR DIET?

Don't empty your fridge and sign on for the latest crash diet. Weight loss is a game that rewards diligence and consistency. So start small, gradually increasing the number of right choices you make each day. That's the sustainable path to shedding unwanted kilos. Here are seven simple moves to get you started.

### 1/ STUFF YOUR BURGERS

You don't have to give up the good stuff – just think outside the packet. Cooking burgers? Scoop a hole in the middle of your patty before you cook it, then fill it with mushrooms. This will make the recommended serving of beef (65 grams) look and feel like a house brick.

### 2/ JUST ADD WATER

Canned beans – kidney, butter, chickpeas – are a quick and easy way to add protein and fibre to your meals. But they can also spike your sodium intake, potentially increasing your risk of high blood pressure. Simply rinsing them will shed one-third of their sodium.

### 3/ BRING THE HEAT

The jury's in – chillies burn fat. Researchers at Adelaide University found that the TRPV1 receptor in chillies can activate nerves in the stomach that send messages to the brain about how full you are. A Korean study published in the journal *Obesity*, meanwhile, found that capsaicin – the chemical that gives chillies their heat – can help the liver clear insulin after a meal. Vindaloo, anyone?



### 4/ CREATE AN OPTICAL ILLUSION

Slicing meat and cheese thinly will make your portions appear bigger and more satisfying. In a study at Japan's National Food Research Institute, participants who compared equal amounts of sliced and whole vegetables rated the sliced piles up to 27 per cent larger.

### 5/ BURN OFF BLOOD-SUGAR SPIKES

Start dinner with a salad or a bowl of roast vegies drizzled with a vinaigrette. According to nutritionists at Arizona State University, the acetic acid in vinegar interferes with enzymes that break down carbohydrates. Just a few teaspoons of vinegar when you sit down to eat can keep your blood sugar from rocketing skywards then crashing back to Earth.

### 6/ BUILD A HIERARCHY

When making a sandwich, you need to start with a solid foundation. The hierarchy of health, in descending order:

- Turkey and chicken
- Roast beef
- Ham
- Processed meats like salami

Sub roast beef in for that cured sausage and you can trim your fat intake by up to 30 per cent.

### 7/ HARDEN UP WITH SOFT CHEESE

Use softer cheese like goat's milk, feta and ricotta as a pizza topper and sandwich filler – they're naturally about a third lower in kilojoules than harder cheeses. Stinging for the hard stuff? Go for strong flavours like parmesan and extra-sharp cheddar and you'll naturally eat less.



Want to lose your gut and build beach-ready abs? You'll find more workouts, recipes and great fitness tips in *Your Best Body Ever*, on sale now.



**HOW WELL  
DO YOU  
SCRUB UP?**

**MAYBE YOU SHOULD TRY OURS**



[Lqd.com.au](http://Lqd.com.au)

# Earn, Baby, Earn

Solid-gold tips on building wealth from three of Australia's highest fliers

## Learn Your Lessons

20s



### JACK DELOSA, 28

**BRW** young rich list member; founder of The Entourage

Headquartered in Sydney, The Entourage is Australia's largest educator of entrepreneurs.

**MAKE FRIENDS WITH FAILURE** In the real world, failure's an inevitable step to success. I was terrible at school and dropped out of university. You won't find anyone – be it Einstein, Edison, Newton, Jobs, Branson – who didn't fail more than they succeeded. My view: if you want to become successful twice as fast, double the amount of mistakes you make.

**DON'T FIXATE ON TALENT** When you study great people, you realise they're just as human as you are, with the same insecurities, shortcomings and self-doubt. Einstein said he had no special talents – he just stayed with problems longer. When I started in business at 18, I didn't know what an invoice was. The keys are to work hard, commit yourself to something and ensure you're always stretching yourself.

**WOO A MENTOR** Find someone who's been there, done that in your field and approach them with humility and respect. I've got mentors from sending them messages on Facebook or an email through LinkedIn, offering to buy them dinner anywhere, anytime. This approach led me to spending a week with Richard Branson on Necker, his private island.

**OWN YOUR CAREER** I have a mantra I live by: everything's my responsibility, nothing's my fault. Your career is not the responsibility of your boss or HR department. It's yours, so take ownership, without beating yourself up for the failures.

**BE UNSTOPPABLE** The best energy-management strategy is having a vision for your life and career. When you're living a life that aligns with your vision, that's when you find your energy. Because it no longer feels like work; it now feels like progress.

## Fit to Rule

30s



### KRIS COCHRANE, 30

Founder and director of Rapid PT

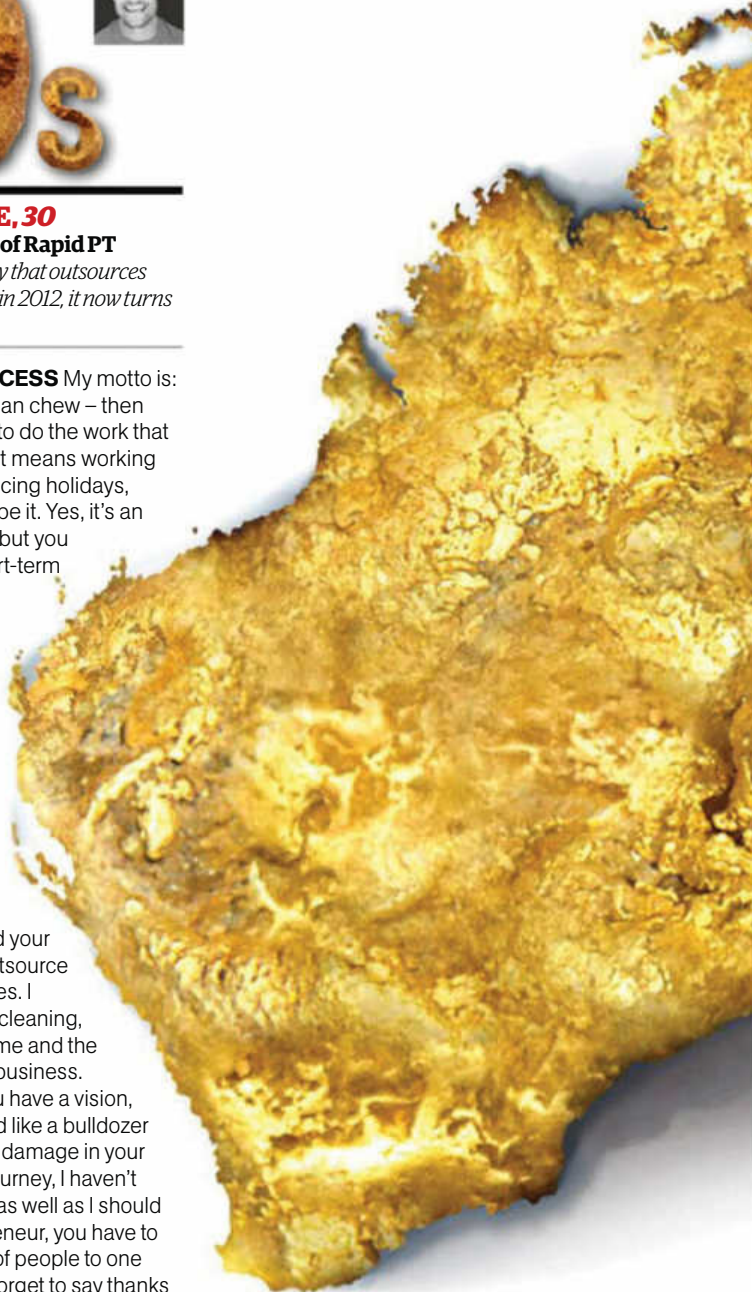
A Sydney-based company that outsources PTs to gyms. Established in 2012, it now turns over \$250,000 a month.

**SACRIFICE FOR SUCCESS** My motto is: bite off more than you can chew – then chew harder. You have to do the work that needs to be done. If that means working 80-hour weeks – sacrificing holidays, relationships – then so be it. Yes, it's an unbalanced approach, but you have to look at it as short-term suffering for long-term benefits. It's not for everyone, but that's how I've done things.

**MAXIMISE TIME** You have three things you can invest in your own business – time, energy and money. You might not have money, but you'll always have time and energy. So you need to look at where you spend your time and energy and outsource things that aren't priorities. I outsource cooking and cleaning, and that gives me the time and the energy to devote to my business.

**SAY THANK-YOU** If you have a vision, it's easy to move forward like a bulldozer – but you'll leave a lot of damage in your wake. Throughout my journey, I haven't always treated my staff as well as I should have. But as an entrepreneur, you have to be able to align a team of people to one goal. The moment you forget to say thanks or give praise, you risk losing your team.

**OWN YOUR AM** Morning rituals are really important – if you win the morning, you win the day. I get up at 5am on the dot and make my bed. That's a big win for me – cleaning my space. Then I'll meditate for 10 minutes using the Headspace app.







IF YOU WANT TO BE  
SUCCESSFUL TWICE  
AS FAST, DOUBLE  
THE AMOUNT OF  
MISTAKES YOU MAKE



## Build Your Empire



### **JONATHAN HALLINAN, 40**

Founder and director of BPM and co-owner of Melbourne's The Woodshed training facility

*A Melbourne-based development company specialising in high-end apartments, BPM has \$1 billion of work in the pipeline.*

**REFUSE TO BE PIGEONHOLED** I grew up in a family that was very academic. But I didn't fit that world; I had an entrepreneurial mind. When my friends were going to university, I went into carpentry because I saw it as a way of getting into construction. At 19 I bought my first house with an \$11,000 deposit. After subdividing, I made a \$200,000 profit.

**BE CLEAR ON RISK** I've always thought the risk of being out of the property market is greater than the risk of being in it. I saw the market was moving up faster than I had the ability to earn at the time, and that scared me. I felt a level of comfort once I was in.

**TURN PAIN INTO MOTIVATION** My father had strong opinions and didn't truly value my move into carpentry. But one of the secrets to my success is the ability to turn a negative into a motivator. I believed I could change his opinion. I believed I could go on and create something truly amazing from the abilities I had.

**COMMIT TOTALLY** I've got a burning desire within me. To me, there's no such thing as work-life balance. I see them as one. My business defines me as a person.

**GET THE DETAILS RIGHT** I'm fastidious: little things like not painting over hinges. People can walk into a space and know it looks fantastic, but they can't tell you why. It's all in the details.

**JUST DO YOUR THING** I don't suit our developments to what's there now. We bring our standard to the market. If you look at real leaders – Apple, for example – they inspire people to be a part of their brand.

**FOLLOW YOUR PASSION** People say to me, "I can't follow my passion because I won't be able to afford the rent". I think the opposite. If you follow what you truly believe in, and it's in your DNA, you'll find a way.

# YOUR FIT

HEALTH AND FITNESS TRACKERS THAT LOOK SHARP AND HELP YOU TRAIN SMARTER FOR TOTAL BODY FITNESS

## Get in shape & COMMIT

Wearable tech pushes your workout to the next level, so you can stay strong, motivated and on top of your game



### TRAIN SMART

A fitness and sleep tracker that also measures your heart rate as you workout. It also alerts you to incoming smartphone calls and wirelessly syncs your stats to your computer.

**Fitbit 'Charge HR' Heart Rate and Activity Wristband, \$196 RRP\*.**

Smash your goals faster with Fitbit Charge HR and Aria scale, which work together 24/7 to deliver a complete, connected and interactive experience.



### GREAT GIFT IDEA

### WATCH YOUR WEIGHT

Keep your eye on your weight and stay motivated with this smart scale that monitors your kilos, body fat percentage and body mass index over time.

**Fitbit 'Aria' Wi-Fi Smart Scale, \$168 RRP\*.**



# SUMMER

## Plan & TRACK

Fitness trackers are the ultimate workout buddies and now they're looking sexier and becoming smarter to help you run faster, eat better and sleep more soundly.



### WALK IT OUT

We can set up your device in store and you can **walk out working.**

Our Connected Fitness Champions can help you choose the right gadget for you and get you set up to unlock its full potential.



#### PERSONAL TRAINER

An all-in-one workout device, this features GPS tracking, heart rate and sleep monitor plus a 3GB music player which holds over 500 songs to power your training.

**TomTom Spark Cardio + Music GPS Fitness Watch Large, \$346 RRP\*.**



#### KEEP MOVING

Tracks your training and sets goals to consistently improve your fitness. Features a vibration alert for calls, texts and emails from your smartphone. The inactivity alert reminds you to move.

**Garmin 'vivosmart' Heart Rate and Activity Tracker, \$226 RRP\*.**

Run into store or jump online to get the best prices

#### THE SUPER WATCH



#### BE A CHAMPION

For the serious performance athlete, this is a smartwatch that integrates GPS, continuous heart rate tracking, plus nine exercise modes.

**Fitbit 'Surge' Fitness Watch, \$346 RRP\*.**



#### STAY ON TOP

Get more from every workout and boost your health with this tracker that collects your activity, heart rate and sleep stats and analyses them so you can improve.

**Fitbit 'Charge' Wireless Activity + Sleep Tracker Wristband, \$196 RRP\*.**



#### FLEX IT

A classic training gadget, Flex tracks steps taken, calories burned, distance travelled and quality of sleep.

**Fitbit 'Flex' Wristband, \$126 RRP\*.**

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STURDY  
AND  
STYLISH



# SMASH your goal

Summer is the time to turn up the intensity, so kit yourself out, get outside and train hard for your fittest body ever

## SMART MOVE

The Gear S2 automatically detects and records your steps, workout, pace and more to track your health, plus plays music when synced with a compatible device. Choose from a wide selection of watch faces and customisable designs.

**Samsung Classic Gear S2, \$596 RRP\*.**

## ON THE RUN

This ultra-thin watch has built-in sports apps and GPS-enabled activity tracking for running, biking, golf and swimming. Vibrates and displays phone alerts and social media notifications. Battery lasts up to three weeks.

**Garmin 'vivofit 2' GPS Watch, \$336 RRP\*.**



## GET IT DONE

The vivofit 2 is smart and personal. It learns your current activity level, then assigns attainable goals for you to reach, adjusting as you get there. It's also water-resistant to 50m.

**Garmin 'vivofit 2' Wristband, \$136 RRP\*.**

Run into  
store or jump  
online to get  
the best  
prices



3

QUESTIONS TO ASK  
ABOUT WEARABLE  
TECH: BATTERY LIFE;  
HOW TO SYNC IT  
WITH YOUR PHONE;  
AND NAVIGATING  
THE MENU. ASK OUR  
IN-STORE CHAMPIONS  
WHICH DEVICE IS  
RIGHT FOR YOU.

#### STEP TO IT

Wireless scales that upload your weight, body fat, heart rate and home air quality to your iPhone, iPad or iTouch.  
**Withings Smart Body Analyser, \$247 RRP.**

#### HIT REFRESH

With a Smart WakeUp function, this gently wakes you up when it is best for your body clock and records detailed data of your sleep patterns.

**Withings 'Aura' Smart Sleep System, \$498 RRP\*.**

#### TOTAL RECALL

Track your fitness, heart rate and blood oxygen level by day and monitor your sleep cycles by night.

**Withings 'Pulse Ox' Fitness Tracker, \$196 RRP\*.**

## Keep on MOVING

Don't let the bad weather hold you back. There are plenty of ways to keep active indoors.

#### LINKED IN

More than just a beautiful watch, this features a built-in fitness tracker and heart rate monitor, and has a scratch-resistant sapphire crystal face.

**Huawei Black Link Smart Watch, \$746 RRP\*.**

#### ON YOUR BIKE

Ride faster and further with the GPS bike computer that captures essential cycling stats, including time, distance, speed, total ascent and location.

**Garmin 'Edge 25' GPS Bundle, \$267 RRP\*, not available in all stores.**

#### LOOK SHARP

Cutting edge fitness technology inside a sleek monochrome design, this captures your activity, food intake, heart and sleep health.

**Jawbone 'Up3' Wristband, \$246 RRP\*.**

#### ARMED AND READY

Sleek, stylish and now with a thin strap, this fitness, food and sleep tracker is the best way to monitor your health stats.

**Jawbone 'Up2' Thin Strap Wristband, \$146 RRP\*.**

WITH  
HEART RATE  
MONITOR

#### MAKE A STATEMENT

Blending Swiss design with high-performance technology, this watch tracks your heart rate and workouts, and is Android and iOS compatible.

**Huawei Steel Link Smart Watch, \$646 RRP\*.**

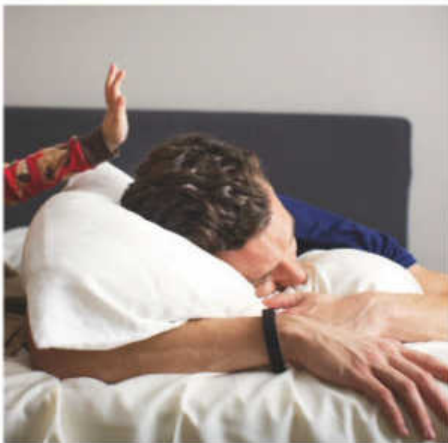
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# ALOHA LOWDOWN

HOLIDAYS DON'T MEAN LIVING IN  
A SINGLET AND THONGS. HERE'S  
HOW TO KICK BACK IN STYLE

PHOTOGRAPHY STEVEN CHEE

STYLING GEMMA KEIL

MODEL DYLAN MCGRATH @ WILHEMINA

- Uniqlo jacket \$59.90
- Jac+ Jack shirt \$220
- Hugo Boss pocket square \$59
- Scotch and Soda shorts \$129.95
- Ted Baker belt \$99.95
- Brando shoes \$359
- Maui Jim "Pilot" sunglasses \$369





### BLAZER QUEST

A classic blazer in a neutral tone will instantly smarten up any look, whether you're heading to a restaurant or trying to wangle an upgrade at the airport.

#### ABOVE:

- Calvin Klein Jeans jacket \$269
- Lacoste knit \$329
- Seiko watch \$595
- Maui Jim "Sandhill" sunglasses \$409



### EYES RIGHT

Fact: your sunglasses are the ultimate holiday accessory. But they also protect your peepers from the sun's rays, so invest in a quality pair that combine performance and style. These Maui Jim sunnies feature patented lens technology for brilliant colour so every detail is crisper and cleaner. Better still, they also block out 100 per cent of all harmful UV rays – a genuine sight for sore eyes.

#### TOP RIGHT:

- Maui Jim "El Brah" sunglasses \$389
- Instead We Smile T-shirt \$79.95
- Mossimo shorts \$79.95
- TW Steel watch \$349

### ON BOARD

A slim guy in oversized clothing looks emaciated. If you can fit more than a bottle of sunscreen between your shorts and your leg, they're too wide.

#### RIGHT:

- Country Road hat \$69.95
- Trenery swim shorts \$89.95
- TW Steel watch \$349







#### PATTERN EMERGING

Head-turning prints will kickstart your style game and boldly declare you're on holiday. Pair with block-colour chinos and tee to anchor it down.

- Scotch and Soda jacket \$309.95
- Cotton On T-shirt \$19.95
- Scotch and Soda trousers \$199.95
- Country Road thongs \$79.95





#### BLANC CANVAS

Shift into neutral this season to pull ahead of the competition. White is the ultimate colour to stay cool in tropical heat. Toughen it up by combining with khaki, chambray or denim to pull the whole ensemble together.

- Asos shoes \$39
- R.M. Williams jacket \$330
- Tommy Hilfiger shirt \$150
- Tommy Hilfiger chinos \$140
- Saba bag \$499
- TW Steel watch \$549
- Maui Jim "Kawika" sunglasses \$369





#### HAWAII & MIGHTY

Bolder prints are always easier to pull off if you stick to natural tones. Balance them out with block colours and keep the fit relatively trim – like any other button-down in your collection.

- 7 For All Mankind shirt \$85
- H&M T-shirt \$29.95
- Marcs shorts \$99
- Seiko watch \$1300
- Brando shoes \$249





#### ENTER SAND MAN

Call it beige, sand or stone . . . whatever. This neutral colour will synch up with anything in your wardrobe, from bold colours and prints to tonal combinations. When packing-space is at a premium, versatility counts.

- Trenery shirt \$119
- Country Road shorts \$89.95
- Tommy Hilfiger cardigan \$399
- Country Road bag \$179
- TW Steel watch \$549





### PolarisedPlus2® Sunglasses

Available in prescription.

STYLE SHOWN: WASSUP

## Colour. Clarity. Detail.

At Maui Jim, we're dedicated to bringing more colour to your life with lenses that enhance clarity, reduce glare, and highlight depth and dimension. Maui Jim Sunglasses won't change the world—they'll change the way you see it.

Recommended as an  
effective UV filter for the  
eyes and surrounding skin.



# [DON'T] BLISTER IN THE SUN

SUNSCREEN BLOCKS YOUR SKIN  
CANCER RISK ALL YEAR ROUND.  
BUT IS YOURS UP TO THE TASK?

Australia's incidence of skin cancer is one of the highest in the world. The Cancer Council reports that two in three of us will be diagnosed by the time we're 70. You don't just require sunscreen when you hit the beach either – where there's sunlight, there's UV exposure. But take note – that old tube rolling around your glove box could be leaving you dangerously exposed. Many ingredients have a shelf life and not all creams offer total protection. *MH* scans the labels to pore over the efficacy of your protection.



Wherever you  
travel, pick  
the cream of  
the crop.



## From A to B

The sun beams two types of rays for you to worry about: UVA and UVB. Both are linked to cancer. The difference is UVA penetrates deeper into the skin, contributing to ageing, while B is the key cause of sunburn. Look for broad-spectrum protection and an AUST L number on the pack. "This means it's tested under Australian standards for UVB and UVA," says Rachel McAdam, scientific communications manager for skincare company La Roche Posay.



## Cover all bases

Many modern moisturisers have an SPF rating, but presuming they're a substitute for sunscreen will leave you red-faced. During SPF testing, the rating given is based on (nerd fact) coverage of two milligrams per square centimetre of skin. Most of us apply a third of that amount – especially when using facial moisturisers – so we get far less protection than the label suggests. Always use an additional sunscreen over your moisturiser.



## Think zinc

Sensitive skin is happier with mineral sunscreens that are made with zinc oxide. (Newer versions of these use nanoparticles, which stop the minerals from leaving chalky streaks.) Questions have been raised about whether we're at risk of absorbing too much nanoparticle zinc, but the Therapeutic Goods Administration has found that systemic absorption is unlikely.



## Learn to let go

When you come across a dusty bottle in your bathroom cabinet, look for an image of a tub with its lid off – alongside the number 12M, for example. This is the shelf life in months. Sunscreen should be stored in a cool, dry place, says McAdam. "If your sunscreen has been left in a scorching car, buy a new one."



## Application process

Four-hour water-resistant sunscreens still need to be reapplied every two hours, says skincare expert Lauren Burton. "They're labelled four hours because, in the lab, sunscreen will stay on in water for four hours – but the testing doesn't take into account real-life situations – towel drying, wiping your face and getting in and out of the water," explains Burton.

**BEAUTY SPOT** Not sure what to look for when checking for changes to moles and freckles? Go to [laroche-posay.com.au/skinchecker](http://laroche-posay.com.au/skinchecker)



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## INTRODUCING THE FIRST RAZOR BUILT FOR THE MALE TERRAIN



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FOR MORE GLIDE

**AN ANTI-SLIP GRIP**  
FOR ULTIMATE CONTROL

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# BODY WORK

YOU'VE DONE THE HARD WORK IN THE GYM. STEP INTO YOUR BATHROOM TO PUT THE FINAL TOUCHES TO YOUR SUMMER RIG

BY CAELIA CORSE

## SKIN DEEP

Slap on a layer of body moisturiser to avoid skin dehydration caused by air-con, saltwater, chlorinated pools and excessive consumption of beer. **Nivea Men Crème** \$7.99

## HIT THE BAR

Loaded with antibacterial tea tree, this soap bar will help heal any nicks and scabs, drunken injuries or rogue carpet burns marring your otherwise flawless physique. **Paul Mitchell Tea Tree Body Bar** \$11.95

## SHAVING GRACE

Talk about budget cuts – 36 per cent of guys who shave their groin hair are using the same razor upstairs and down. Please – stop. This one navigates undercarriages, chests and legs like a pro. **Gillette Body Razor** \$10.49

## SCREEN TIME

“Shaving makes your skin more exposed and more prone to sun damage,” says skincare expert Lauren Burton. Shave down the day before the beach and load up on SPF on the day. **Cancer Council Ultra Cooling Sunscreen\*** \$17.95

## DRY RUN

Spray before you run – underarm friction breaks the seal of microcapsules in this antiperspirant, releasing bursts of crowd-pleasing fragrance while you work out. **Rexona Motionsense** \$6.90

## PORES & EFFECT

Biggest cause of male body acne? Long, hot showers post-workout, says See. Stick to short, cool showers. Another trick – keep pores on your back and shoulders from clogging with a rotating cleansing brush. **ClarisonicSmart Profile** \$295

## INGROWING PAINS

Body shaving can cause ingrown hairs, particularly if you have naturally curly or coarse body hair, says dermatologist Dr Joanne See. Blitz bumps with a product containing salicylic acid. **Malin + Goetz Ingrown Hair Cream** \$49

## THREE SUNNIES YOU NEED FOR SUMMER



### THE REAL DEAL

Need your prescription? OPSM can work your lenses into designer frames. **Giorgio Armani** \$390



### THE CLASSIC

*Top Gun* will always be awesome. Always. **Maui Jim Mavericks** \$369



### THE SURE THING

Ray-Bans are the sartorially confused man's cool best friend. **Ray-Ban Clubmaster** \$399.95



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# *Soothes the* **ATTACKS**







# *symptoms* **THE CAUSE** **OF ATHLETE'S FOOT**

**From Australia's No.1 anti-fungal brand.<sup>1</sup>**

**ASK YOUR PHARMACIST FOR CANESTEN PLUS**

Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Your pharmacist advice is required.

PA15281 <sup>1</sup>Aztec sales data - MAT May 15 ASMI 25112-07/15

# maximum summer!

**IT'S THE SEASON OF SIZZLE. SO IN THE COMPANY OF SCORCHINGLY SEXY SUPERMODEL CHARLOTTE MCKINNEY, WE DELIVER UP 36 HOT TIPS TO ENSURE YOUR FUN FACTOR SOARS WITH THE MERCURY >**

BY **MIKE DARLING** PHOTOGRAPHY BY **SASHA EISENMAN**







# HEIGHTEN YOUR SENSES

That's the point of summer, if a man does it right. It's the crash of the waves daring you to climb back onto your board. It's the SPF 50 wafting off the bombshell in the bikini a few towels over. So say hello: "Don't be afraid to go up to that hot girl on the beach," says our sizzling guide, Charlotte McKinney. "Growing up, I used to go to an inlet to sunbathe and try to meet all the surfer guys," she adds as she poses for *MH*.

But even if Charlotte isn't summoning you to her towel, your body will still be naturally energised. "Summer gives our bodies a physiological jumpstart," says anthropologist Dr Agustin Fuentes. "Through social interactions, you have more chances to boost your testosterone, oxytocin and all the stuff that makes you feel good." Sounds good to us – now use these tips to fire up your best summer ever.



## 01/ Make Legendary Lemonade



It wouldn't be an Aussie summer without whipping up some homemade lemonade. Bring one-third of a cup of honey and one cup of cold water to a boil, stirring until the honey combines, says *MH* Food Guy Dan Churchill. Mix in the juice of six lemons and three teaspoons of lemon zest, and remove from the heat. Allow the mixture to cool before popping it in the fridge to chill for 2-3 hours. Add three more cups of cold water, then mix in one-and-a-half cups of coconut water for optimum taste, says Churchill. Remember to serve with ice cubes.

## 02



### Do Some Prep, then Rock the Thongs

First, soften calluses and exfoliate dead and rough skin by using a foot lotion containing urea, salicylic acid or lactic acid, says dermatologist Dr Angela Lamb. Then trim your nails with a clipper and file them down with an emery board.

## 03



### Blend the Perfect Summer Protein Shake

Try this fruity muscle builder, courtesy of Kevin Curry, founder of food and nutrition blog *Fit Men Cook*: one cup of coconut water, one cup of chopped watermelon, half a cup of chopped pineapple, one-third of a cup of peeled cucumber, the juice of one lime, two sprigs of mint, ice, and three-quarters of a cup of low-fat Greek yoghurt.

## 04



### Throw a Frisbee to the Moon (or Across the Lawn)

One of the easiest ways to breathe life into a backyard party is by breaking out the flying disk. Our pick: the Discraft Ultra-Star 175 (\$11; [amazon.com](http://amazon.com)) glows in the dark to keep the action going after hours. Or try a game of KanJam (\$40; [kanjamaustralia.com.au](http://kanjamaustralia.com.au)) for a bit of friendly competition.

## 05



### Create a Refreshing Warm-Weather Cocktail

Serve this now, says cocktail guru Jim Meehan: muddle a strawberry with 15 millilitres of simple sugar syrup; add 15ml of lemon juice and 60ml of Noval Black port. Shake with ice and strain into a chilled collins glass filled with ice. Top with 60ml of soda water and garnish with cucumber.

## 06/ STAND UP

First time on a paddleboard? Make sure you're using the right equipment. First, take your weight in kilos, says professional paddleboarder Sean Poynter. Now double that number. That's the size paddleboard you want in litres; it's most likely to support your weight. Next, start somewhere flat and calm. When you're out on the water, hold the paddle with your arms stretched out and slightly bent, your chest open. If you're doing it right, you should create a triangle between your arms, paddle and chest. Now reach forward. As the paddle enters the water, maintain that triangle and bend at the waist, keeping your back flat. The paddle should stay upright, angled slightly forward. Once the blade is fully submerged, bend a little more at the waist and pull, engaging your core. Reset once the paddle reaches your feet, and repeat the stroke.

## 07

### MAKE TEE TIME

"T-SHIRTS ARE THE MOST VERSATILE ITEM IN YOUR WARDROBE," SAYS *MH* GROOMING DIRECTOR CAELIA CORSE. THESE FOUR ARE THE ONLY TEES YOU NEED.



#### A. CREW NECK

Invest a little extra for quality (nothing in a three-pack).



#### B. RAGLAN

Very casual. You can wear it for a beer but not on a date.



#### C. LINEN

Wear it by itself during the day and under a sports coat or denim shirt in the evening.



#### D. V-NECK

It's extremely versatile. Opt for the classics – black, white or grey – and pair with denim.





**BREAK THE ICE**  
"People don't take everything so seriously at the beach, so it's a great place to meet women." ➤



## 08 RECORD YOUR H<sub>2</sub>O ADVENTURES

FIND AN EXCUSE TO SUBMERGE GOPRO'S HERO4 SESSION (\$300; [GOPRO.COM](http://GOPRO.COM)). IT CAPTURES ULTRA-WIDE 1080P FOOTAGE AS DEEP AS 40 METRES UNDER WATER.



### 09 / Devour a Book

You don't read enough books by women, right? Or enough fiction? Crunch both at once with Charlotte Wood's new novel *The Natural Way of Things* (Allen & Unwin, \$29.99), says Stephen Romei, literary editor at *The Australian*. "It's a gripping-from-the-get-go story about a group of young women, each involved in headline-making sex scandals," says Romei. "A brilliant, unconventional and shocking modern misogyny tale."



### 10 / Learn the Simple Secret to Barbecuing Juicier Sausages

To retain all the juice and keep that badass flavour, refrain from popping a fork into your snags, says Churchill. To get as much juice as possible, cook them on a medium-to-high heat as opposed to scorching hot. Less extreme temperatures work to render down fat and allow the juice to hold well within the meat of the sausage. It also allows for an even distribution of heat, which will help you to pull off the perfect barbecue staple.



### 11 / Mix Up a Spanish-Style Gin and Tonic

The Brits may have invented the classic G&T, but the Spaniards perfected it, says Jose Andres, of ThinkFoodGroup. Reach for a large red wine glass. Add ice cubes and 45ml of gin, and top it off with a quality tonic like Fever-Tree. Add garnishes like dried juniper berries, lemon verbena, peppercorns or orange zest to add notes that blow lime out of the (tonic) water.



## PARADISE FOUND

"I used to skip school and drive to the beach on nice days. I just had to get my ass to the ocean."

## 15/ PLAN A ROAD TRIP

■ **KNOW YOUR LIMITS** When picking a destination, consider 500 kilometres to be a comfortable daily range – it's far enough to make you feel like you've entered a new world but still leaves plenty of time to stop and look at that giant ball of string, says Megan Edwards, author of *Roads from the Ashes*. Unless you're tag-team driving, 800km is about the top limit if you want to keep your sanity intact.

■ **STOP FOR A HAIRCUT** The best local tips come from first-person contact. If you don't have time to hang in the barbershop, grab a pie at a local bakery. You can also ID good eateries by the number of cars parked outside. Unlike Eatability reviews, car parks never lie, Edwards says.

■ **PACK AN ESKY** Greasy spoons have that name for a reason. Investing in a cheap Styrofoam cooler will encourage you to keep healthy foods and beverages at arm's reach while also conserving cash on the road. And that rest-stop muffin will look far less tempting after you've been snacking on hummus and trail mix.

■ **UNPLUG THE GPS** Digital maps are more likely to display errors in less populated areas and to eliminate much of the sense of discovery of a good road trip, Edwards says. Plus, any reason to stare into a screen is an automatic conversation killer. Save the GPS for emergencies and opt instead for a paper map, which also keeps your copilots more actively involved.

■ **PICK YOUR REST SPOTS** Truck stops are the worst place to sleep. Those designated rest stops, on the other hand, offer restaurants, wi-fi, showers, bathrooms and security, Edwards says.

## 16

Upgrade your beach time with this Country Road "Mod" towel, which comes with a plush side for lounging and a terry side for drying. (\$64.95; [countryroad.com.au](http://countryroad.com.au)).



## 17

A Nomad solar panel (\$109; [goalzero.com.au](http://goalzero.com.au)) can fuel your smartphone with emergency juice. (Note: posting shirtless selfies to Instagram doesn't qualify as an emergency.)



## 12



TO CHILL A BEER FAST, WRAP IT IN WET NEWSPAPER AND SPRINKLE ON ROCK SALT. STASH IT IN THE FREEZER FOR FIVE MINUTES.

## 13



PACKING? STICK YOUR SHOES IN ZIPLOCK BAGS TO PROTECT YOUR CLOTHES.

## 14



KEEP A HOODIE HANDY FOR COOL NIGHTS. WE LIKE SPLENDID'S VINTAGE ACTIVE ZIP. (\$158; [SPLENDID.COM](http://splendid.com)).



## 18/ Camp Like a Pro

Before you leave, raid the cupboard: heavy-duty garbage bags make great pack liners to keep your stuff dry. When setting up camp, avoid dams, open paddocks and valleys – these spots are colder and more exposed. You'll be a lot warmer and safer in a flat, bushy area, says Andrew Skurka, author of *The Ultimate Hiker's Gear Guide*. ►

**19** GIVE YOUR GUACAMOLE A KICK BY ADDING DICED PEACHES, CRUMBLED BACON, POMEGRANATE SEEDS OR TOASTED COCONUT FLAKES, SAYS CHEF/RESTAURATEUR ROBERTO SANTIBANEZ.

**20** FLIRT ON SUNNY DAYS AND THE WEATHER WILL GIVE YOUR APPROACH BETTER ODDS, A STUDY IN SOCIAL INFLUENCE FOUND.

**21** WANDER A GARDEN WITH YOUR DATE: IN A STUDY AT THE UNIVERSITY OF SOUTHERN BRITANNIA, WOMEN EXPOSED TO FLOWERS RATED MEN AS SEXIER.

**22** CUT THE AIR-CON WHEN YOU'RE GETTING FREAKY. HOT, SWEATY SEX LEAVES YOU SWIMMING IN AROUSAL-BOOSTING HORMONES.

**23** PITCH YOUR TENT SO THE DOOR FACES EAST. THAT WAY IT'LL CATCH THE SUNRISE AND WARM UP FASTER ON COOLER MORNINGS.



## 24 / Rule the Backyard

Follow these steps from the Melbourne Stars' opening batsman, Rob Quiney, to become the backyard beast you know you can be.



### TAPE IT UP

You *must* have a taped tennis ball for swing, says Quiney. You can fiddle with it on your run-up and surprise the batsman with an in-swing when he's expecting an outie.

### PREPARE THE PITCH

A mowed pitch is the ideal playing surface, Quiney says. Grass will always triumph over concrete and give you more weapons when you're bowling.

### LAY DOWN THE LAW

It's important to outline the rules from the outset to prevent arguments. Here are some tips straight from the Quiney playbook:

- Auto-wickie is essential, and if you've got a gun batsman at the crease, add auto-slips, too.
- Six and out only applies if the ball is lost over the fence. If the batsman retrieves it, it's six and play on.
- You *cannot* get out first ball, unless you hit a six and don't retrieve the ball.

## 25

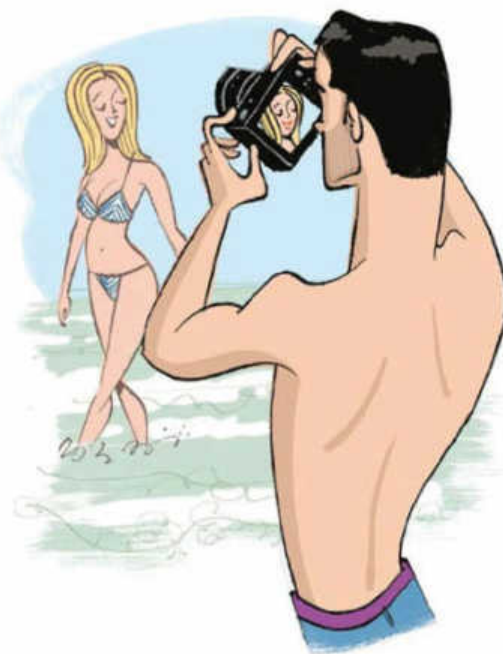
### Blast a Better Outdoor Speaker

The Braven BRV-X (\$294; [jbhifi.com.au](http://jbhifi.com.au)) has crisper sound and better bass than speakers that cost a hundred bucks more, and we auditioned a ton of them. It weighs a mere 680 grams, plays for 12 hours on a charge, and will keep on cranking out your party tunes even if your idiot mate drops it into a slush-filled esky. And should your actual iPhone lose power, you can even charge it back up through the BRV-X's handy USB port.



## 26 / TAKE A SHARPER HOLIDAY PHOTO

Take control of your depth of field, says Jerry Monkman, author of *The AMC Guide to Outdoor Digital Photography*. A smaller F-stop (like F16) will render more clarity to the photo – great for mountain and beach scenes. A shallow depth of field (like F4) will focus on the subject – great for portraits and wildlife. Vary the shutter speed, too. A fast setting (say, 1/500) freezes the action. A slower speed (1/30) blurs the image, creating a sense of motion. Use a tripod to keep the static parts of the image sharp.







### 27 / Raise Your Tennis Game, One Swing at a Time

Get geeky by upgrading to the Babolat Play Pure Drive, suggests master racquet technician Brandon Arradaza. Sensors in the grip link to a smartphone app for tracking performance. "And thanks to its head size, beam width and string pattern, the racquet provides a generous margin for error and access to power and spin," Arradaza says. (\$300: [babolat.com](http://babolat.com))



### 28 / Serve Up Sweet, Succulent Corn on the Cob

Strip the husks and silk from four ears of corn and simmer in eight cups of chicken stock for 25 minutes, says chef Troy Guard. Then clarify your butter: melt half a stick of unsalted butter over very low heat and let it gently simmer until it foams. Spoon off the foam and pour the butter through a mesh strainer. Use this to dress the ears, and season them with salt and freshly ground pepper.



### 29 / Ditch Uncool Cargo Shorts for Good

Slim, tailored shorts that fall 5-12 centimetres above the knee work well for a guy who has an average build, says Corse. Playing it safe? "Look for navy or khaki," she advises. If you're feeling brave, try gingham, florals or geometric patterns. "Summer is the time to make a splash with colour and pattern," adds Corse.

## 33 / SPIKE YOUR METABOLISM

The summer sun means beach volleyball's back on the agenda. Use Australian world champ Mariafe Artacho del Solar's tips to execute the perfect spike.

#### ■ SET YOUR FEET

A good spike starts in the sand. Plant your feet so that your body feels balanced and ready to launch, says del Solar.

#### ■ SPRINGLOAD

Swing both arms back as you jump to get power, momentum and height before making contact with the ball at your maximum reach.

#### ■ FOLLOW THROUGH

Swing your arm through to get maximum speed on the ball, upping your chances of hitting a winner, says del Solar.



### 30 / Unplug from Your Work Email on Holiday

You won't appreciate a holiday until you disentangle yourself from your devices, says management expert Dr Robert Sutton, author of *The No Asshole Rule*. At work, be up front about your time off: tell your boss you'll be away from email and that your duties are covered. A good manager should understand – just make sure the boss's arse is covered, too.



### 31 / Learn the Easiest Way Ever to Burn Fat

Dump your excess bacon grease into the cups of an empty cardboard egg carton, suggests backpacking expert Sutton Stevenson. Add strings for wicks and put the carton in the freezer in a plastic bag to help the stuff solidify (and not stink). "Single cups are great fire-starters," says Stevenson, "and they burn like Saturn V rocket fuel."



### 32 / Score a Tent with Room (and Lighting) to Spare

You'll want the Big Agnes Tumble mtnGLO 3, says Annie Carmichael, camping blogger at *Go Camping Australia* magazine. "With built-in LED lighting, this is the tent for you if you're the sort of camper who forgets to pack headlamps." The near-vertical mesh walls make this four-square-metre tent fit for a king. (\$350; [wildearth.com.au](http://wildearth.com.au))

## 34 / DREAM ON

**You've never experienced true relaxation until you've spent a balmy afternoon dozing in a hammock.**

#### YOUR SNOOZE STRATEGY

Lie diagonally across a hammock, says Derek Hansen, author of *The Ultimate Hang: An Illustrated Guide to Hammock Camping*. With the correct sag established by your anchor points, being diagonal keeps your body flat, not curled like a banana. Avoid hyperextension of your knees by placing a rolled towel or pillow behind them. Add a small pillow to brace the sides of your head.



**35 DUNK YOUR HANDS IN ICE WATER AFTER RUNNING IN HOT WEATHER. YOUR BLOOD VESSELS ARE MORE TIGHTLY PACKED THERE, AND THE COOLER BLOOD WILL CIRCULATE THROUGHOUT YOUR BODY.**



**36 EATING FOODS RICH IN OMEGA-3 FATTY ACIDS, LIKE SALMON, COULD HELP PROTECT YOUR SKIN FROM SEARING (IN ADDITION TO A HIGH-SPF SUN BLOCK, OF COURSE).** ■

# MINUTES



# AND COUNTING...

**Forget CrossFit – there’s a new super-workout on the block. Find out how pushing your body to its limit for three-quarters of an hour could redefine your approach to fitness**

BY **AARON SCOTT**

PHOTOGRAPHY BY **JASON LEE**

**I SWEAR I'M THE VICTIM** of some cruel Einsteinian joke. I understand that time is relative, but in the literal blink of an eye, the digital timer on the wall has dropped from nine seconds to two seconds. Right now, these 10-second breaks are more precious to me than the bottle of '78 Grange my old man gave me for my 21st – and they're zipping by at sadistic speed.

"Okay, weights up," says the tattooed bloke at the front of the room. "Let's go." I moan softly as I hoist a sandbag to my chest.

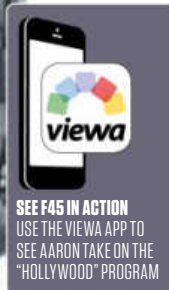
We're 12 minutes into the workout and already an ominous rivulet of sweat is dripping from my nose. The class is packed with 30-odd other people in varying states of distress. It's a Tabata-style set-up: 20-seconds-on-10-off, a suite of up-tempo exercises ranging from overhead medicine-ball slams to TRX mountain-climbers to sandbag cleans.

Sun pours through the windows as three industrial-size fans fight a losing battle to blast the stink of sweat out of the air.

The inked-up instructor paces the room, quietly dispensing pats on the back and nuggets of technical advice. There's no hectoring, no chest-beating, no *gimme-five-more-reps* screeching – which is a good thing because I don't have five more reps to give. I feel a tap between my shoulderblades: "Keep your chest up, Aaron. You're doing well, mate." The timer dings and I sink to my haunches. Blood is rushing in my ears. For a horrible moment I think I might pass out.

Through the roaring in my ears I hear my tormentor's voice: "Okay, let's get those weights up." I'm precisely 12-and-a-half minutes into my first F45 session and, without putting too fine a point on it, I'm getting my arse handed to me. ➤





**T**he man with the ink-blotted arms is Daniel Conn. He's a busy man right now. His diary is packed. His phone rings constantly. His frequent-flyer mileage is astronomical.

On the morning we sit down outside a hole-in-the-wall cafe in Bondi, he's fresh off a flight from Canada, where he'd cut the ribbon on a new F45 studio in Toronto. The day after our chat, he's off to London for the opening of the UK's first studio, then it's on to the US where, yes, another gleaming F45 studio is launching in Santa Monica.

Two days after landing from *that* trip, he'll open his own F45 studio in Sydney's Double Bay. He's got a thumping party planned. The A-list of Sydney's sporting and fitness scene will sweat it out in four back-to-back "Hollywood" classes, each fronted by Conn and backed by a DJ spinning tunes. It's high-intensity interval training meets red-carpet nightclub - and it's proven phenomenally successful.

"The whole thing's just taken off," says Conn, shaking his head. "We try not to act

too surprised, but I guess you could say we're pleased." In Australia, Conn's Double Bay studio will be the 100th to open. Around the globe, close to 300 franchises have sprung up. Conn rattles off some of the most recent ones: Hong Kong, Solomon Islands, Philippines, India . . .

In short, F45 is roaring. And Conn has his hand firmly on the wheel. His business card reads "F45 Athletic Director" but he is, in essence, the face, body and mind of the phenomenon. He trains the instructors, he programs the workouts, he models the exercises on the in-class flat-screens.

Little wonder he's positively evangelical about the training system. "We're trying to create the best high-intensity interval team training in the world. We noticed people were walking into gyms and they didn't know what to do. We'd see them looking at their phones or looking around at other people." He shrugs: "Unless you got a PT, you weren't going to get innovation and motivation. And when you don't have innovation and motivation, you don't get results."

According to Conn, these are the twin precepts that have driven F45's success.

Innovation comes in the form of a bank of 2000 exercises that can be configured into an almost infinite number of workouts. There's an expanding repertoire of equipment, with TRX rigs and rowing machines recent additions to studios. And there's a growing number of classes - "Brooklyn", a boxing class; "Firestorm", a 27-station follow-the-leader set-up; and "Panthers", a paired-resistance workout, have been added to the workout list. For these reasons, Conn can confidently state that no two F45 classes will ever be the same.

Motivation, meanwhile, comes in the form of a fraternal atmosphere of shared suffering and achievement. Wander past an F45 studio before a class and you'll see this in action, with crowds of lithe individuals - men and women - fist-bumping and back-slapping. Wander through the doors and the instructor will shake your hand, look you in the eye and remember your name throughout the session. This, in Conn's estimation, is how you build a community. "And that's the thing we've been most surprised about - how quickly this community has formed," he says. "If you're not mates before the class, you will be by the





Turn the tables on lard: backed by a DJ, Conn leads a "Hollywood" class.

time it ends. Nothing's more motivating than being part of a team."

Innovation and motivation - these are the principles that have underscored F45's success. They're also principles that have saved Conn's life.

**CONN DESCRIBES HIMSELF** as a "persistent kind of guy. If I start something, I finish it." And so, when he realised early in life that his physicality on the rugby field could take him out of the tiny town of Goolma in NSW's parched central-west, he poured his energy into his footy. "I became religious about training. I was one of those weird 13-year-olds who trained all the time. I was very disciplined - I think it's the farming influence."

The discipline paid dividends. At 15 he was offered a sporting scholarship to Sydney's prestigious The King's School. At 18, he was offered an NRL contract with the Canterbury Bulldogs. He signed on the dotted line and settled into a share house with two of the Bulldogs' other young recruits - Johnathan Thurston and Sonny Bill Williams.

Conn spent six years in the NRL, moving from the Bulldogs to the Gold Coast Titans, before settling at the Sydney Roosters. Those years should have been a dream fulfilled. Instead, injury turned them into a nightmare.



## Innovation and motivation – these are the twin precepts that have driven F45's success

Ask him to list the injuries he suffered during his NRL career and he cracks a wry grin: "Mate, how much time have you got?" Across his six years in the top grade he went under the surgeon's knife on 16 occasions. Arthroscopies, reconstructions, a bilateral hernia, a fractured eye socket - the list rolls on. Conn shrugs: "It's all pretty standard for an NRL player, really. Off-seasons aren't rest time, they're operation time."

But the big one - the injury that would eventually force him from the game - was the protruding disc in his neck. It was an injury that built over time, a steady accumulation of knocks jolting the disc further and further

out of place. Conn played on, enduring the mounting torment with painkillers. "It got to the point where I was getting needles for training sessions, for games. It got so bad I developed insomnia. I had constant pins and needles, constant headaches. It was horrible."

At the end of the 2011 season, scans revealed the extent of the damage. The disc was no longer protruding - it was smeared down the side of his spine. "The doc said my disc looked like squeezed toothpaste. 'Toothpasted' was the word he used. It wasn't a pretty image." Conn was left with a stark choice: retire, or play on and risk being a cripple at the age of 30. He retired, then ➤

ALEX WELTINGER

## YOUR F45 PRIMER

### What is it?

An abbreviation of Functional 45 Minutes, F45 is a team-based HIIT (high-intensity interval training) workout protocol. Each class has a specific focus. The three signature classes are Romans (a strength-based weights workout), Athletica (a cardio-centric session) and Hollywood (an hour-long combination of the two including a DJ).

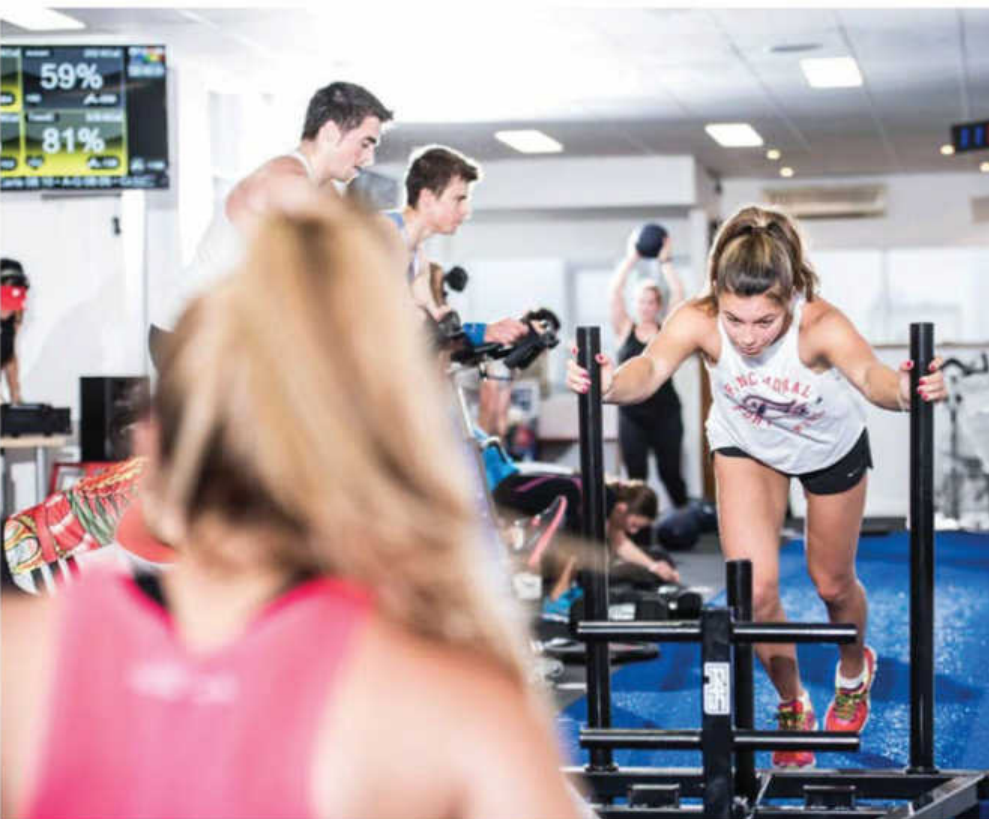
### How do the classes work?

Intervals run to a timer, rather than rep ranges as in CrossFit. Push as hard as you want in the allotted period of time (typically 20-45 seconds), then take a short rest (10-25 seconds). The goal of every class is accessibility: there are no complex Olympic lifts, no heavy weights, and the more complex exercises are scalable. Can't do a sandbag clean, for example? Do an upright row instead.

### What's the atmosphere like?

The ultimate goal of every F45 class is to build a tight, team atmosphere rather than a tense, competitive environment. Instructors are friendly and personable, rather than aggressive or hectoring. If you want to compete, do CrossFit. If you want to be yelled at, do boot camp. If you want to work at your own speed in a group environment, do F45.





***“The real highlight of F45 is that it’s bringing intensity to the mainstream population”***

went under the scalpel one more time to have his C6 and C7 vertebrae fused together.

“I don’t like to dwell on negatives too much,” says Conn of the months after that surgery. But he admits he was mired in a dark place. “I couldn’t work for six months, I couldn’t even drive a car. I’d gone from earning good money with the Roosters to earning nothing. Zero.” Footy, his great talent, had given him a physical flogging, leaving him hobbled, broke and depressed. Ironically, it would be another physical reckoning that would light the path out of the darkness.

**THESE DAYS, CONN CAN’T FEEL** the back of his neck. Nerve decompression from the surgery has killed off all sensations below the hairline. Tickle him with a feather and he won’t feel a thing. Is this why he’s been so extravagant with the ink that collars his neck? He laughs: “Nah, unfortunately the tattoos came first . . .”

If those months after spinal surgery were the darkest of Conn’s career, then his meeting with F45 co-founder Rob Deutsch after Christmas in 2014 was a parting of the clouds. Conn had never done an F45 class. But he’d

heard about them. And he knew a studio was opening in Bondi. As a qualified PT, maybe he could instruct a class or two a week? He gave Deutsch a call. “And a five-minute coffee turned into a three-hour man-date. At the end of the conversation Rob said, ‘Let’s shake on it now. You’re coming to work for us. We’re going to take this thing all the way.’” He grins: “So I started working for the big fella.”

F45 hasn’t just provided Conn with a career – it’s provided him with a new life. The depression he suffered has been banished. Partly, Conn credits this to the strict regimen of medication he now takes. (“I was always on and off meds while I was playing. The highs and lows of the NRL made it . . . interesting.”) More than the meds, however, Conn attributes his newfound equilibrium to the motivating atmosphere of the F45 fraternity. For him, it’s a simple equation: “When you’re around people who are physically active and in a healthy state of mind, it boosts your mental state as well.”

Physically, the changes have been equally dramatic. Back in his NRL playing days, when training revolved around heavy weights sessions, Conn packed 110 kilograms onto his 185-centimetre frame. “But it was a sloppy 110,” he admits. These days, F45 classes are the only training he does. He’ll snap out a morning class six days a week, Monday to Saturday. Often, he’ll back it up with an evening class. Sundays are his day of rest.

Adhering to the innovative variety of the F45 protocol, challenging his body with new movements, mixing high-rep weights with high-intensity cardio, he’s carved the extraneous weight off his frame – and feels a new man for it.

**CONN MAY PRESENT** his inked-up frame as exhibit A in the case for F45’s ability to transform your life, but one anecdote does not a global fitness phenomenon make. F45 may be popular – but is it an effective training protocol? Yes, according to some of the leading voices in the Australian fitness industry. Says *MH* fitness

## SLAUGHTERHOUSE FIVE

**Here are Conn’s top five F45 moves for developing strength, agility, speed, power and balance. Complete them as a circuit – 45 seconds on, 15 seconds off – for a fierce full-body workout. Do three complete circuits, resting for two minutes between each.**

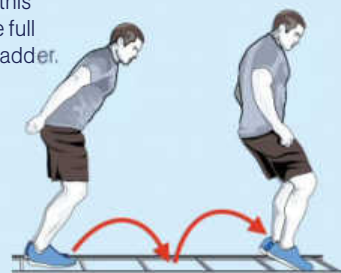
### 1 Sled push and pull (power)

Attach a 10m length of rope to a weighted sled. Standing at the end of the rope, drop into a squat and pull the sled towards you using a hand-over-hand motion. Once the sled’s within arm’s reach, grab the handles and drive it forward 10m. No sled? Do a 10m bear crawl forward and back.



### 2 Ladder jumps (agility)

Place a rope ladder on a flat stretch of ground. From a standing start, both feet on the ground, jump forward two rungs, then jump back one rung. Repeat this pattern for the full length of the ladder.





adviser Greg Stark: “As far as group exercise training programs go, F45 is one of the better ones.” Dan Williams, exercise physiologist and director of PT business Range of Motion, is even more effusive: “Intensity is the major predictor of how effective an exercise regimen is, so the real highlight of F45 is that it’s bringing intensity to the mainstream population.”

The praise, however, is qualified. Stark questions the 45-minute time frame, arguing that there’s “no research to suggest exercising at a high intensity for longer than 20 minutes brings any additional benefit and in many cases can increase potential risk of injury”. Conn counters by pointing out that for a 20-minute interval session to be effective, you have to be working at an incredibly high metabolic rate – something few lunch-break warriors can manage. “Besides,” he says, “we want people to have fun. We don’t want them broken the next day.”

Williams, meanwhile, points to the absence of high-load, low-rep strength training as a gap in the F45 protocol. “I know F45 has marketed itself as having the elements of CrossFit without the more complex lifting,” he says, “but I think strength training is super-important. The more muscle you have, the more functional you are, and the easier it is to maintain weight and avoid chronic conditions like osteoporosis.” Williams’ suggestion? “If you do a lot of F45 classes, supplement some strength work in there.”

Conn raises his eyebrows at the notion there’s not enough serious strength work in the F45 protocol. On a whim, he recently tested his 1RMs at powerlifting champ Sebastian Oreb’s gym in North Sydney. He snapped out a 260kg deadlift, a 200kg squat and a 170kg bench press – numbers that easily outstripped the maximums he pushed during his playing days. “I’ve *gained* strength,” he says. “Mixing up all this high-intensity interval

training has increased my movement, it’s helped my posterior chain function properly, and that’s allowed me to lift more.” He shrugs: “People say the weights in an F45 class aren’t heavy enough. I’m living proof they’re plenty heavy enough.”

So is he in better physical shape now than he was as a 25-year-old buck in the NRL? He throws his hands up: “Mate, *way* better shape.” He ticks the reasons off on his fingers: he’s no longer rocked by impact injuries on a week-to-week basis. And he no longer spends large chunks of the year recovering from surgery. Even his old injuries don’t give him too much grief any more. “With F45, I’m not lifting stupidly heavy weights, I’m not putting my body in bad positions, so everything’s functioning properly again. I know that word – ‘functional’ – gets bastardised a bit, but that’s how I feel. I’m *functional* again.”

I ponder these words as I shuffle out of the F45 studio after my class. My shirt’s saturated with sweat, my legs are twitching uncontrollably. Do I feel “functional”? God no. I feel like I’ve been worked over with a pair of baseball bats then pushed off the North Bondi cliffs into the roiling surf below.

But within an hour comes a glittering endorphin rush that leaves me whistling at my desk. By the time I wake the next morning, my body feels light and fresh: no aching joints, no strained muscles. Perversely, I find myself craving another communal 45-minute endorphin hit.

And herein lies the secret of the system’s popularity. It’s a simple physical equation with an appealing prize. Take a 45-minute block of suffering, add some technical innovation, multiply by the motivating force of a group and – *eureka!* – you too can feel functional again. ■

Hard work builds solid bonds – a big part of the F45 philosophy.



### 3 Lateral fast feet (speed)

Place five cones in a line. Taking lateral (sideways) steps, move the length of the cones. Drive your knees high with each step and keep your movement light and fast. Once you reach the end of the cones, drop into a push-up, then repeat.



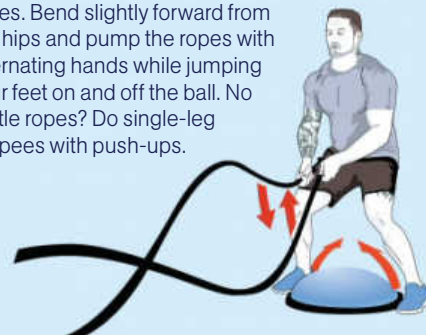
### 4 Bosu-ball chest press (strength)

Lie with your shoulders on a Bosu ball, your hips raised and your knees bent at 90°. Holding a pair of dumbbells, palms facing away from you, drive them straight above your chest. No Bosu ball? Do push-ups with your feet raised on a Swiss ball or a chair.



### 5 Battle ropes Bosu jump (balance)

Standing with your feet either side of a Bosu ball, grab a pair of light battle ropes. Bend slightly forward from the hips and pump the ropes with alternating hands while jumping your feet on and off the ball. No battle ropes? Do single-leg burpees with push-ups.



# LIFE'S TOUGHEST CONVERSATIONS (AND HOW TO SURVIVE THEM)

COMPILED BY  
DANIEL WILLIAMS

There comes a time when every man needs to initiate an excruciatingly awkward talk. Five guys who've faced up to their own test of nerve share their tactics on how to pull it off



# DAD, I'M GAY

**TORMENTED AND OFF THE RAILS, LEADING SPORTS JOURNALIST ANDREW WEBSTER RESOLVED TO TELL HIS FATHER THE TRUTH**

THE MOST SIGNIFICANT CONVERSATION I ever had was with myself, and it came after staring at a wall one Saturday morning while watching *Rage*, trying to decide if I should jump off the balcony.

I can still remember the music video: Nelly Furtado's *I'm Like A Bird*. Towards the end of that clip, she falls backwards from a tree and hundreds of hands reach up to catch her. I burst into tears. "Mate, you are fucking gay," I said out loud. It all started from there.

But the hardest conversation of my life was always going to be with my dad.

I had played this conversation over and over in my mind since I was a 14-year-old on the NSW north coast in the late Eighties and early Nineties, when homophobia was rife.

My dad loved me - and I idolised him - but this conversation was never going to happen. He was a bricklayer and surfer; the toughest man I knew. I was ashamed of my sexuality, and I buried the secret deep inside so nobody would ever know. Every time someone asked, "So, why don't you have a girlfriend yet?", I sent it down even further.

I had my Saturday-morning epiphany when I was 26. Soon after, I told my mum and then my two sisters, who were all supportive. I knew the day would come when I would have to 'fess up to the old man.

The thought of the conversation terrified me. I'd been out long enough to hear all the war stories about fathers abandoning their children, wiping them forever. All I ever wanted was for my father to be proud of me. I didn't want to let him down.

The conversation was going to roll like this: "Dad, I'm gay. It has taken me a long time to get to this point to tell you. I have realised, after much soul-searching, that I have no control over my sexuality. I thought it was a 'uni' thing. Then I thought it was a 'depression' thing. Then I thought I was bisexual. Then I realised I just am who I am. It's tough, because I am a sportswriter who covers footy. I would never have taken this path by choice."

But I didn't choose the moment of truth. It chose me.

Curled in the fetal position on the bathroom floor of my tiny studio in Sydney's Elizabeth Bay one evening, I knew I was in trouble. I phoned him.

"I'll come straight away," Dad said.

He opened the door, sat me down.

"Mate," he said, "what is it? What's wrong?"

"Dad. I'm gay . . ."

Big eyes, then a big smile.

"Is that it? Is that what's been wrong with you all these years?"

"Yes."

Bigger smile.

"Mate, I'm not proud of you because you are gay. I'm proud of you because you are my son."

Then we hugged and cried. I'd won the fucking grand final. My dad has been my best mate ever since.

The lesson, at least for me: don't be afraid of the hard conversation, because you never know how magical the outcome might be.



## PREPARE TO SHOCK

**Tell 'em straight that you ain't**

### STAY COOL

"The other person will take their emotional cues from you," says Gisela Adams, clinical coordinator at Relationships Australia. If you can appear relaxed and confident when you say, 'Dad, I have something to tell you . . .', chances are they'll respond in kind.

### EASE HIS MIND

This news will bewilder some old-fashioned dads. "Reassure him that nothing he did in your childhood has anything to do with your sexuality," says Adams.

### BREAK THE TENSION

"Use humour to defuse a tense situation," advises behavioural scientist Darren Hill. This might be one time when a gay joke is okay. ➤

# YOU'RE WASHED UP

AS A YOUNG RUGBY LEAGUE COACH AT THE PENRITH PANTHERS, PHIL GOULD HANDED OUT SOME TOUGH LOVE TO A CLUB CHAMPION

ROYCE SIMMONS WAS A MATE as well as a club stalwart. I'd dropped him the previous year and let him know that young blokes were coming through, but he'd backed up again because he could see we were going to win a comp.

About six weeks before the finals he came to see me at the club late one night. He'd had a few beers and was feeling a bit left out. The team had had another big win while he was trudging away in reserve grade, doing his best and trying hard but not playing all that well. He could see the first-grade side getting further and further away.

He said to me: "I'm not going to get back, am I?"

Believe me, these are tough conversations. At this stage of their career, blokes can be in denial. They all live on the thought that next week I'll get it right. Next year I'll be better. But it doesn't happen.

You have to get inside their heads, because you've been there yourself. You say: "Look, I know what you're thinking. These are the *real* thoughts you're having during the game and when you get up to go to training." And you can see them thinking, *Fuck, he actually knows what I've been thinking. He knows.*

As a former player, you feel empathy for the ageing warrior, but it's an abdication of leadership to ignore his decline. You can't *not* speak up. This is a team game. There are too many other things at stake to allow one player to ride through on the performance of everybody else.

I said to Royce: "No, in all probability you won't get back. And you shouldn't feel bitter about that. You've had a great career and you should be happy that blokes here to whom you've been a senior player over a number of years have a chance to win a competition. You should be cheering them on and not feeling so sorry for yourself. Not everyone gets a fairy-tale ending."

But at the end of it I said: "It's a funny game - things can turn quick. There might be something else you can provide. All you can do is keep yourself fit."

Royce took all this with a sense of resignation, but I also felt he was looking for a bit more encouragement.

As it turned out, Royce did make it back into the team. After a soft performance a month out from the finals, I felt the team needed an injection of leadership. In the Grand Final against Canberra, Royce scored two tries and inspired his team with five tackles in a row after we had a man sinbinned. Penrith won its first-ever comp and Royce got his fairy-tale ending.

It's funny. I still get emails and letters from blokes I've had that "time's up" conversation with. They say, in effect: "You were right to tell me those home truths."

Royce has never thanked me for it exactly. But he took over from me as coach at Penrith, and he's talked to me since about how hard it is to have that conversation with an ageing player. He's also said that, looking back, he knows now that he was gone.



## DEAL IN HARD FACTS

There's no place for pussyfooting

### LEAN ON STATS

Cite objective data to back up your argument that the person's performance has slipped, says Bob Murray, co-founder of business consultancy Fortinberry Murray. For example, "Revenue is down 21 per cent year on year."

### DON'T APOLOGISE

Acknowledge the difficulty of the situation but don't say sorry for doing your job, adds Murray. "Sorry" can sound like "I could be wrong".

### KEEP OPTIONS OPEN

Leave the person with hope - you may still need each other, says Hill. Say something like, "Find that old fire and who knows?"

“

***It's an abdication of leadership to ignore the decline. You can't not speak up***

”



# BABE, I HAVE HERPES

HOW DO YOU TELL A WOMAN YOU'D LIKE TO START HAVING SEX WITH THAT YOU HAVE AN STI? ADRIAL DALE FOUND A WAY



**For many years I didn't date because I was just so deep in shame**

WHEN I GOT HERPES about 10 years ago I was terrified that it would mean the end of my love life. And for many years I didn't date because I was just so deep in shame.

One winter's day I went to my local coffee shop, and the moment I walked in I saw this woman sitting alone reading a book. I chose a nearby table and just sat there thinking, *My God! I have to go up and talk to her!* I was beating myself up for not having the courage to do that.

I got up to leave and was almost out the door when I had this "movie moment". I'm like, *No! I have to do this!* And I literally turned around and walked directly up to her table. I made eye contact with her, sat down and commented on her book, and we launched into this conversation about life and feeling lost in life.

In the end I asked her out, she said yes, and I walked out of that coffee shop on cloud nine.

We went on a few dates and we had this connection. One day she was at my house and we were cuddling and flirting. I started to get nervous, because I knew I wanted to tell her this secret of mine. Previous times when I'd had the herpes talk, it had felt like I was throwing a hand grenade over a wall and ducking for cover. But this was different. I was still scared shitless, but I was also seeing this as an opportunity to get closer to her.

I looked in her eyes and said: "Hey, I want to talk to you about something that's really

important. It's also really scary for me. Are you up for talking?"

She looked a little surprised, and curious, but she said: "Yeah, let's talk. I'm open."

We sat up and I said: "First thing is, I'm so appreciating getting to know you. I'd also like to know what you're thinking about our relationship, about where it might be going. Part two, and this is the scary part . . . before we start getting more intimate - because I'm really attracted to you - I wanted to share with you that I have herpes. I wanted to talk to you about it, see what you already know about it, and see if I can answer any questions."

She looked at me and smiled, and you could see she was kind of stunned, but in an appreciative way. She actually said: "You're shaking! I get that that was hard for you to do, but I so appreciate you sharing that with me. It has shown me some deeper qualities about you that I really like."

That set the tone for us to have a beautiful relationship. It ended up not working out, but not because of the herpes. We broke it off still appreciating each other, but realising this wasn't the relationship for us.

The experience rammed home for me that there is something more powerful than our fear of rejection. You ask any woman out there what is the sexiest thing in a man, and in a tie with a sense of humour, it's integrity.

(Dale went on to create [herpesopportunity.com](http://herpesopportunity.com))

**ACT WITH  
HONOUR**  
Feed off the  
power of doing  
the right thing

#### PICK YOUR MOMENT

The time for this revelation is not during advanced foreplay - surefire mood killer, says Désirée Spierings, director of Sexual Health Australia. "Raise it during a quiet dinner or when you're going for a walk."

#### KEEP THINGS LIGHT

"Avoid chilling prefaces like, 'I have some really bad news for you', or, 'Try not to freak out, but . . .'," advises Spierings. A better one is, "I'm about to tell you something because I have feelings for you".

#### INVITE QUESTIONS

Be ready to tell them anything they want to know about the virus, adds Spierings. You might slip in, "I found out after I was diagnosed that one in eight people has herpes". ➤

# YOU'RE SACKED

AS A NEWLY RE-ELECTED PREMIER, BOB CARR HAD TO TELL LOYAL AND TRUSTED COLLEAGUES TO MOVE ASIDE



THERE IS JUST ONE CANDIDATE for my hardest conversation, and it's a conversation I had perhaps 10 times.

Imagine this. You're Premier, and you've got to tell a valued and fond friend that you cannot take them back into the ministry with you. This is a person who stood with you during seven years of opposition; who gave you good advice and unstinting loyalty; who served with you in government.

But as leader you have to think of an even greater loyalty, and that is to your party and your government. There must be, for the health of both, a turnover of personnel after each election. You've got to have seasoned warriors giving way to youngsters itching to prove their talent.

I would have these conversations face to face. They're entitled to hear it from you direct. This is not something you can delegate to a chief of staff or a senior colleague. Managing personnel is part of leadership.

I would always put myself in the position of the other person. But I steeled myself by thinking of my greater responsibility. It would have been easier for me in just about all of these cases not to make the hard decision. That would have saved the hurt, but it would have transferred the hurt to promising people on the backbench who wanted their opportunity to serve.

I would say: "Colleague, you've done nothing wrong. Yes, you've been a good minister. You can be proud of your public service, proud of the lustre you brought

to your time in public life. But I've got a backbench bristling with talent, and if this government is going to go on and have another big win, we've got to show the public we're not just the same old team, term after term."

You see, you're never more authentic than when you're simply telling the truth, and that was the truth.

Reactions would vary. Sometimes a colleague would say: "I understand. I've had a good run." Other times: "This is surprising. This is unfair!" In one case there was a more emphatic objection still.

I noticed one little thing. Sometimes it would be personnel from a particular ethnic culture who found it harder because of a focus on "loss of face". On occasion I said: "Listen, I've sustained ritualistic loss of face every day I've been in parliament. Public life is a day-by-day humiliation - don't talk to me about face!"

These conversations can mark the end of your personal relationship - that's true. But that's got to be their decision, not yours. Your job as leader is to make it possible for them to stay rusted on.

There's nothing like running your own government, running your own show - that's why I enjoyed being Premier more than being a Foreign Minister. But the downside is you've got to make the hard personnel decisions. Your friendships can't count compared with the long-term viability of the institution you lead.

## OWN YOUR DECISIONS

There's nowhere to hide when you're king of the castle

### ACT THE LEADER

Resist the soft option of delegating these conversations to someone else, says Hill. "They define you and should be seen as a chance to show your mettle."

### PREFACE WITH PRAISE

Conversations about demotion can be less about what someone's done wrong than simply changed circumstances. "Start with what they've done right and how you value them," advises Murray.

### KNOW YOUR LIMITS

The recipient of your bombshell is entitled to react emotionally. "It's not your job to convince them to stay friends," says Hill. "Leadership and popularity are separate entities."

“

**You're never more authentic than when you're simply telling the truth**

”



# HONEY, I'M LEAVING YOU

HAVING ENDURED A HOLLOW MARRIAGE FOR YEARS, PETER SCOTT\* FINALLY TOLD HIS WIFE HE WANTED OUT



LOOKING BACK AT THE END of my marriage, two conversations loom large. They happened about seven years apart. Both were in Sydney restaurants with my (now) ex-wife.

The first was on a wet Thursday night in March. I was still a banker in those days, on close to \$1 million a year. *Oh, poor fuckin' you*, you might sneer. Fair enough. But I was falling apart in mind, body and soul. Unless you're a robot, 20 years at the pointy end of the commercial rat race can do that.

Late in the meal, after the best part of a bottle of red, I opened up to Helen\*. It was totally unplanned - more fool me. The subject wasn't exactly new, but I must have sounded more earnest than before.

"I honestly don't think I can do this work much longer - even if I wanted to, which I don't. Please could we start thinking about a change?"

Her reaction was one of horror - then cold, pitiless fury. She kept her voice low in the restaurant, but really let rip on the ride home. *Absolutely. No. Way.*

"And if you think I'm going back to work, forget it."

We'd been married, then, for more than 15 years - and raised three kids. We were decent parents, but I'd known for a long while that our marriage was hollow.

Even so, her sheer lack of empathy that night was gut-wrenching.

I let things lie and resigned myself to battling on. Within a few years I'd had a nervous breakdown and - on doctor's advice - left banking for good. Helen fumed. Her worst fears had been realised: our income plummeted. But we were hardly on the breadline. The kids

were still at private schools. I'd begun a new, less taxing career - working for myself. But regularly she'd scream: "You've ruined my life!"

Of course, by this stage, the marriage was as good as over. In my mind, at least. I grieved, but mostly silently. If Helen sensed the depths of my despair, she evaded the subject. We co-existed.

I came to hope that Helen would leave me. But she was in denial. Finally, I resolved to leave her. Which brings me to the second conversation. This time I planned it carefully. A crowded restaurant at lunchtime to minimise the chances of an ugly scene. Separate cars to ensure a smooth getaway. I steered myself for anything.

She arrived oblivious. I greeted her civilly.

We were led to a table. I even ordered drinks. I felt guilty about the turmoil I was about to cause, but wry and detached as well. The moment had arrived. It was surreal.

Then I said straight out: "Look, I'm sorry, but I want a divorce."

I waited for a nuke to explode . . .

Talk about an anticlimax. There were no histrionics. She muttered something I didn't catch - then upped and left. I sat there for about 10 more minutes, in a daze, before paying up and driving to my sister's place.

Sure, years of bitter recriminations followed - nasty battles over money and custody, and plenty of rewriting of history. But the vital conversation had proved easy.

And I can honestly say that everyone is happier now.

*\*Names have been changed*

**Her reaction was one of horror - then cold, pitiless fury**

**TREAD GENTLY**  
Avoid the blame game

**IT'S NOT ABOUT "YOU"**

Begin sentences with "I" rather than "You", urges Adams. "This talk will go better if you take responsibility for your feelings instead of pointing out faults."

**LET HER TALK**

Expect anger, but do not fire back, says divorce mediator Sam Margulies, author of *The Successful Divorce*. Just listen till she's done.

**STAY POSITIVE**

In response to, "How can you do this to the kids?", say, "I'm sure by working together we can get the kids through this", advises Margulies. ■

Power of attraction:  
fans muscle in for a  
glimpse of the gun show.





BY SAM ROWE

PHOTOGRAPHY BY GREGG SEGAL

# TOP GUNS

IN THE GAME OF ARMS, COMPETITORS WITH TRICEPS THE SIZE OF CURED HAMS DO BATTLE FOR PRIDE, GLORY AND FIVE-FIGURE CASH PRIZES. THIS MONTH MH FLIES TO LAS VEGAS FOR A RINGSIDE SEAT AT THE WORLD'S MOST PRIMAL – AND PECULIAR – TEST OF STRENGTH

NAME: MARCIO "PHENOM" BARBOZA  
OCCUPATION: PRO ARM WRESTLER

# TO THE UNINITIATED, ARM WRESTLING CAN CONJURE UP A CORNBALL IMAGE.



Spectators pledge  
their allegiance at  
the game of arms.

All sweaty hair and barroom bravado, pool cues and country blues. There might be beards, you think. There will be leather. But for Devon “No Limits” Larratt, an Afghanistan veteran standing 195 centimetres tall and weighing 101 kilograms, the reality is a lot more serious than the stereotype. It’s both a sport and a lucrative career. To a Las Vegas arena humming with 1000 boisterous fans, the 40-year-old former Canadian Special Forces soldier announces himself with a guttural roar. He steals a kiss from his wife (and fellow arm wrestler), Jodi, then stares deep into the eyes of his opponent sitting across the table. So far, so histrionic. Then he gets down to business. Within five minutes Larratt will leave with \$20,000 clenched in one Cyclopean fist and a replica hammer of Thor in the other - his rewards for besting his foe in a primal contest.

This is the 2015 World Armwrestling League (WAL) Championship, a carnival of testosterone that takes place over America’s Independence Day weekend, during which the scene’s foremost arm-benders descend on Sin City. Their objective is to prove who possesses the perfect blend of freakish strength, wily technique and mental fortitude to claim a share of the \$500,000 purse on offer.

Competitive arm wrestling has quietly existed since the Fifties, but until recently, “pullers” - as these brachial gladiators are known within the sport - battled for the badge of pride alone. WAL is changing all that. Since launching in 2014, the Chicago-based league has become the biggest of its kind in the world and has a profitable television deal with ESPN to show tournaments globally, including in Australia. It aims to branch out to eight more nations next year, awarding thick wads of cash to the finest left- and right-handers across four weight classes. Today’s event was dreamt up by founder Steve Kaplan, a modern-day renaissance man whose portfolio includes a ➤







WAL's Spencer Lightningfire grits it out; Jodi "Rabbit" Larratt (left) cheers on husband Devon.

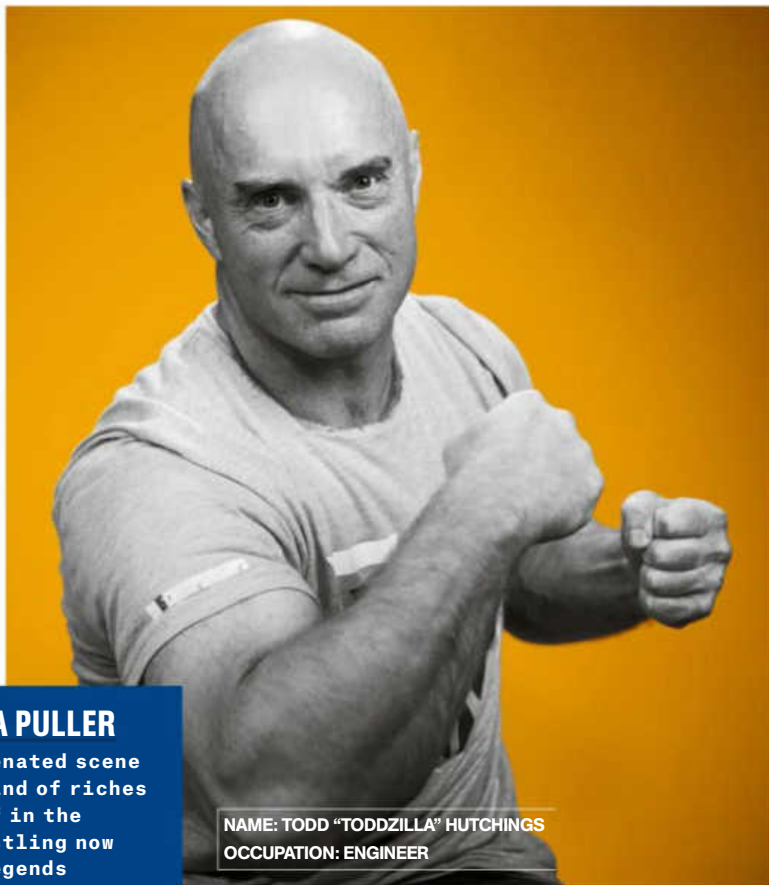
## GET ON THE PULL

Keen to join the arms race? The Australian Arm Wrestling Federation runs state and national competitions. For more information go to [armwrestlingaustralia.com](http://armwrestlingaustralia.com)





NAME: DEVON "NO LIMITS" LARRATT  
OCCUPATION: CANADIAN SPECIAL FORCES



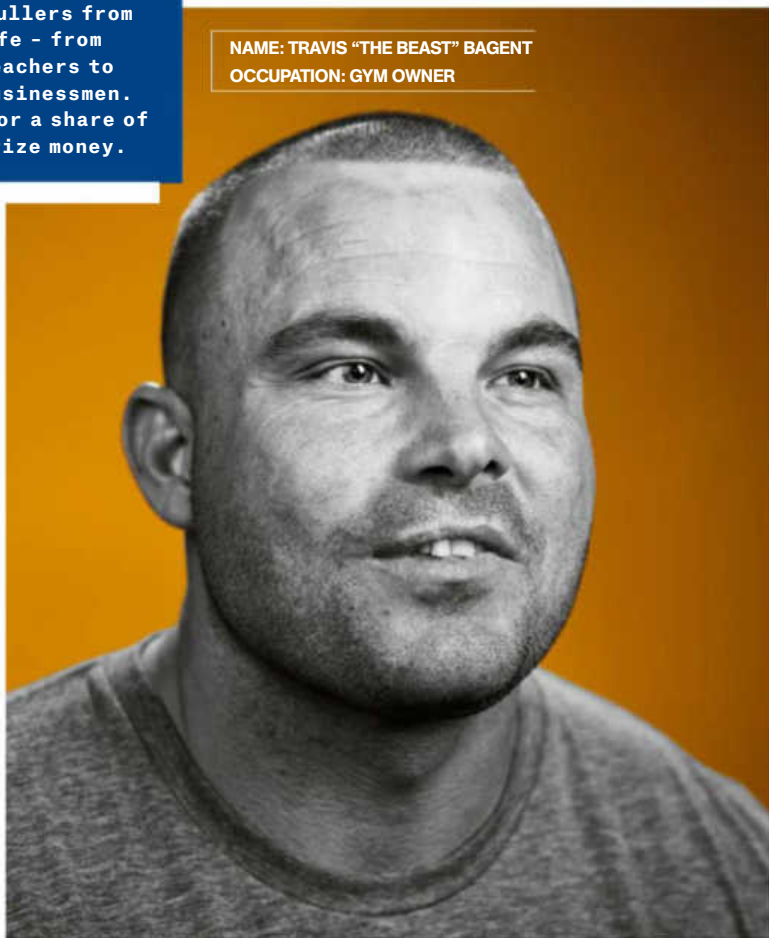
NAME: TODD "TODDZILLA" HUTCHINGS  
OCCUPATION: ENGINEER

### PORTRAIT OF A PULLER

With the rejuvenated scene offering the kind of riches once unheard of in the sport, arm wrestling now sees veteran legends competing against new professional pullers from all walks of life - from truckers and teachers to soldiers and businessmen. All are vying for a share of the \$500,000 prize money.



NAME: MIKE "THE CHEMIST" SELEARIS  
OCCUPATION: CHEMISTRY TEACHER



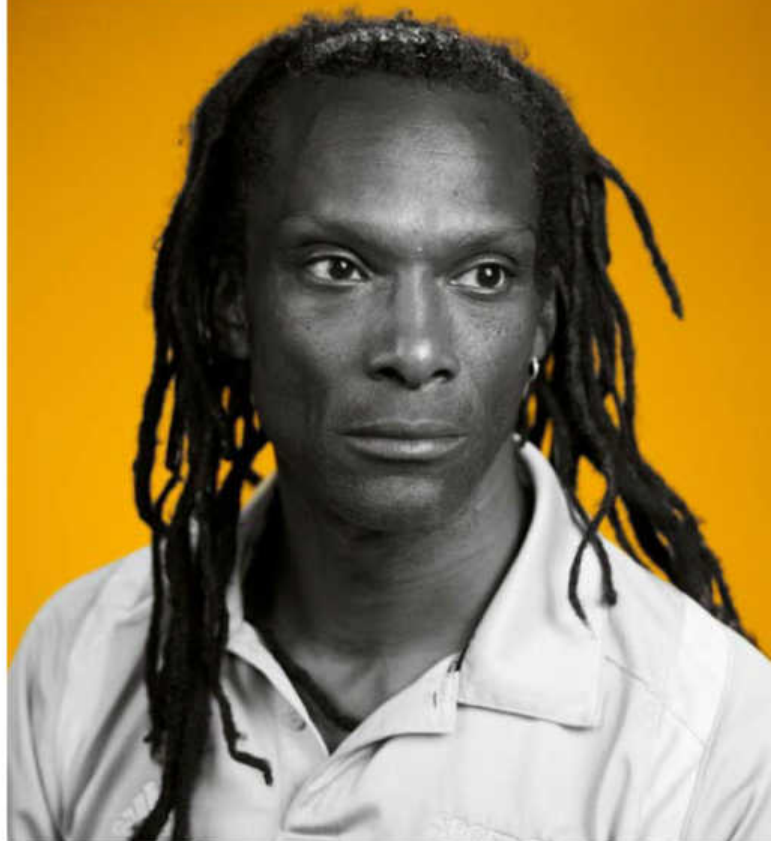
NAME: TRAVIS "THE BEAST" BAGENT  
OCCUPATION: GYM OWNER





NAME: ALLEN "MR INTENSITY" FISHER  
OCCUPATION: MARKETING DIRECTOR

NAME: ANDREW "COBRA" RHODES  
OCCUPATION: PULLER-TURNED-PUNDIT



## MEN WITH BICEPS THE SIZE OF ATLAS STONES ARE LEFT RED-FACED IF THEIR TECHNIQUE IS OFF

marketing firm and, somewhat incongruously, a Broadway musical. The entrepreneur set up WAL after observing soldiers arm wrestle in 50°C temperatures during a trip to Afghanistan. "We put together a league and it just blew up," he says. "My perception was that you'd get these big blokes with beards and motorcycles, in bars, out of shape and drinking, but it was the opposite. These are hardcore athletes, man."

Success has been swift. The deal with ESPN was inked within months, its debut series attracting an impressive 300,000 viewers. Season Two is primed to draw more than double that figure. This year's tournament saw thousands of entrants in 100 qualifier events in as many US cities. These were followed by regional heats before culminating in the grand final here in Vegas. Popularity has exceeded expectation. Evidently, Kaplan has chanced upon a gap in the market.

Rules are fastidiously observed. Each competitor must have an even grip in the centre of the table before the match commences; wrestlers must keep one foot on the floor and their elbow on a pad at all times; the non-pulling hand must be in constant contact with the table's peg. Failure to comply, or violation of other rules such as a false start or covering your opponent's knuckle, results in a foul. Get hit with three such strikes and you're out of there. Meanwhile, if pullers lose grip of each other - something that happens in a large portion of matches - the referee will produce a strap and bind competitors' hands together.

The favourite doesn't always win; victory is not directly correlated to the size of a puller's arms. As is witnessed many times today, men with biceps the size of Atlas stones are soon left red-faced if their technique is off. Successful finishing moves include the "hook" (bending the wrist, committing the shoulder and nullifying their opponent's power by opening their biceps), the "top roll" (which sees a wrestler dropping their hips low under the table, curling the wrist and following the hand down) and "the hit" (setting up ➤



An admirer gets handsy with Marcio Barboza.

with a high elbow, anticipating the start and slamming the rival's fist before the ref can finish mouthing "Go").

Unlike other all-American sports, bouts are often spectacularly short. Even so, the toll on the body can be severe. "You've got athletes here who train phenomenally hard," says Andrew "Cobra" Rhodes, an arm-wrestling icon whose career spans four decades, "and in one split second, every fibre they have, from the top of their head to their toenails, drives through their hand." Occupational injuries vary, from tendonitis and joint issues right up to ripped tendons and blown biceps. Breakages, while rare, do occur - exhibit A: former NRL player Ben Ross, whose arm was broken by Wendell Sailor live on *The Footy Show* earlier this year.

"I broke my arm in February 1997 - it was my second tournament ever," says Christian

Binnie, a 51-year-old retired prison guard and superheavyweight regional finalist. On hearing the unmistakeable snap of bone, Binnie initially thought it was his opponent's arm that had broken, before looking down and seeing his own distended forearm. "I remember getting in the elevator and my dad said, 'Well I guess it's time to find a new hobby'. I just looked at him, laughed, and said, 'I'm gonna be world champion'. He's less negative now."

Competitive pullers are a motley bunch, hailing from all sections of society. What they all seem to share, however, is an almost evangelical passion for the sport. "From the first day somebody grabbed my hand, on my first match back in August 1979, I knew I would do this for the rest of my life," says Allen Fisher, a moustachioed lightweight with 26 world titles. "I wasn't a Christian back then, but I knew this is what God had designed

From barroom to big time, the league has proved a pull for female fans, too.





## WINNERS AND LOSERS

Pullers compete in left- and right-handed bouts across four weight classes, meaning there are eight champions to be crowned. A biceps tear prevents Marcio "Phenom" Barboza (left) from retaining his heavyweight title. The Brazilian must settle for second place, while Storm Chellino (right) prevails over cop Robbie Topie in the left-handed superheavyweight division.



Storm Chellino with his WAL hammer and winner's \$20k wad.

# HERCULEAN EFFORT GOES INTO MATCHES THAT TEND TO LAST NO LONGER THAN THE BLINK OF AN EYE

me to be," adds the 59-year-old, lifting his gargantuan right puller. "Plus, how do you explain something like that? A nine-inch (23cm) hand, for a guy that weighed, back then, 152 pounds (69kg)."

Large appendages provide a useful starting point for the budding arm wrestler, but pullers have to train hard to build the requisite muscle mass to beat down their foes. Many embark on a high volume of weight training with a heavy focus on exercises such as chin-ups and preacher curls to strengthen the wrist. Clenching a set of hand grippers for hours at a time is not uncommon, while Fisher – somewhat bizarrely and not a little disconcertingly – spends the entire duration of his time in *MH's* company with an unripe pear in his grip.

A favoured training technique of one resourceful puller is, he tells me, to empty 5kg of rice into a bucket, dig his hand inside, and then try to make a fist. (It's more difficult than it sounds.) Another likes to suspend himself from a bridge using only finger strength. "I have a 10lb (4.5kg) sledgehammer at home, with probably another 40lb (18kg) of weight duct-taped to the end," says Dave "Easy Money" Chaffee, a prison guard from

Pennsylvania who will retain the right-handed superheavyweight title this weekend. "I'll do wrist raises and then reverse kickbacks. In arm wrestling, hand and forearm strength is huge. That's half the battle."

It's a high-stakes game when Herculean effort goes into preparing for matches that tend to last no longer than the blink of an eye. But as this weekend's sold-out event and ESPN broadcast appear to testify, fans of arm wrestling revel in the sport's lightning-fast nature. Whether pulling as a sporting television event will translate for a more naturally cynical (not to say discerning) Australian viewership remains to be seen.

But that's not to detract from the physicality of the pullers *MH* has witnessed in Vegas. Yes, it has a tendency towards the melodramatics of WWE. And sure, it might not require the mental and physical agility of boxing, the pain threshold of MMA or the technical flair of taekwondo, but arm wrestling is hand-to-hand combat at its bloodless purest; a primitive test of strength between two titanic competitors. Most importantly, perhaps, it's accessible – an everyman sport. One that is capturing imaginations and strong-arming its way on to a small screen near you. ■



# PSYCHOUT

A watercolor illustration of a man's face, looking down with a slight smile. The background is a mix of blue, green, and purple washes. The word "PSYCHOUT" is written in large, bold, white capital letters across the upper part of the face.





# SWEAT

TIRED OF STRESS  
TURNING YOU INTO  
A BRINY MESS?  
YOU NEED TO START  
USING THE ULTIMATE  
ANTIPERSPIRANT:  
YOUR MIND

BY JASON FEIFER

ILLUSTRATIONS BY CLEMENTINE/THE ILLUSTRATION ROOM

EIGHT HEALTHY  
MEN IN SHORTS  
AND T-SHIRTS.  
AVERAGE AGE, 26.

They're covered in sensors, wires dangling; like string puppets at rest. As they sit together in silence - blindfolded - they wait for their 10 minutes of psychological torture to begin.

These guys are part of an experiment in perspiration. Most human sweat is the "thermal" kind, that dampness you feel during a workout or on a hot day. But psychological sweating is the beading on your forehead when your boss singles you out in a meeting, or the clammy hands you wipe on your jeans before a first date. That's why these human lab rats are here.

So what kind of torture would evoke nervous sweating in the laboratory? Being asked to deliver a speech in front of a crowd? Having to strip naked before a panel of female scientists? Nope.

"Subtraction, addition, multiplication, division," says study author Dr Nigel Taylor, of the University of Wollongong, who's investigated human sweating for more than 20 years. The men had to do maths - just basic problems, says Taylor. "They were certainly within everybody's capacity." Faced with problems like " $1654 + 73$ ", every man started dripping with sweat.

We have a complicated relationship with perspiration. At the gym or on the court, it's welcome in abundance - not just for its physiological cooling function, but also for what it says about our exertion levels and competitiveness. A soaked shirt is a badge of effort expended, evidence that you've pushed yourself. A single hour of hard exercise can yield 1.5 litres of tangible proof that you gave it your all.

But psychological sweating - nervous perspiration - is something else entirely. It's a physical response we try to avoid or, failing that, hide. In a *Men's Health* survey of nearly 800 guys, 73 per cent said they'd like to sweat less. Our romantic interests wish we would, too: of 970 women surveyed, 84 per cent deemed it gross when a man sweats it up on a date. "Involuntary sweating is like your body betraying you," says Dr Carisa Perry-Parrish, a psychologist at the Johns Hopkins Centre for Sweat Disorders in the US. We want to appear confident, but our bodies scream, ➤



## YOUR BODY ODOUR CAN ACT AS A HEALTH INDICATOR TO YOU AND OTHERS

"I'm freaking out!" Then we go from sweating because we're stressed to stressing because we're sweating, says Perry-Parrish. Next thing you know, you're in the bathroom aiming the hand dryer at your pits.

The first step towards sweating less lies in understanding the source. You have two types of sweat glands, apocrine and eccrine. The apocrine glands are located mostly around your armpits and genitals and produce a thicker, stickier sweat consisting of proteins and lipids. The eccrine glands cover your entire body and produce a solution that's mostly water and salt.

Scientists used to think the eccrine glands were activated only by a need to cool, and the apocrine glands by mental stress. But Taylor and his colleagues recently confirmed, in a series of precisely controlled experiments, that both types of sweat can be produced by the eccrine glands and controlled by a single neurotransmitter called acetylcholine. That means whether you're running five kilometres or trying to seal a \$5 million deal, both sets of glands are working. Though clammy hands are the most obvious sign, psychological sweat can be a whole-body experience.

This finding lends support to one evolutionary explanation for why stress makes people perspire: if our skin became slippery in a fight-or-flight situation, predators wouldn't have been able to grab and hold on to us. Another theory, notes Dr Daniel Lieberman, an evolutionary biologist at Harvard, is that sweat could help aid a quick escape from danger. Most mammals, including those from which we evolved, have sweat glands on their paws. "Imagine that you are a small, furry animal in Africa and you catch sight of a raptor swooping down to kill you," says Lieberman. "Moistened paws will help you scamper up a tree or cliff by creating tiny little vacuums." It works the same way that a licked finger helps you turn a page in this magazine.

Nervous sweating may also have helped us save our clan. In a US military study, researchers collected sweat from people completing two tasks: running on a treadmill and skydiving for the first time. A separate group of volunteers were then hooked up to brain scanners and asked to smell the collected sweat. Nothing interesting happened when they sniffed the treadmill drippings. But the

scent of skydiving sweat triggered the parts of their brains associated with alertness - they could literally smell fear. In other words, perspiration could have warned others there was trouble in the air.

In fact, your body odour can act as a health indicator to you and others close to you, says Dr Pamela Dalton, a researcher at the Monell Chemical Senses Centre in the US. Sweat itself is actually scentless, but as it interacts with the bacteria living on your skin, the combination gives off a musty smell - aka your BO. But your scent can change when you're fighting off an illness: a study published in the journal *Psychological Science* found that people can detect a difference in body odour when someone is sick. The researchers think an ill person emits a different chemical cue that signals the activation of the immune system. This specific scent may warn others to keep their distance.

**ADVERTISERS STARTED TO** market antiperspirants to women in the late 1800s, but they initially didn't bother pitching protection to guys. Most men back then ➤



# ANTIPERSPIRANT DEODORANT ACTIVATED BY MOVEMENT



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FRAGRANCE  
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FRICTION  
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FRESHNESS  
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The motion activated fragrance capsules in Motionsense™ contain specially designed Rexona fragrance oil inside a shell made from a gelatine crosspolymer. These microscopic capsules are insoluble in water and only break open with friction, giving a little burst of fragrance as you move.

## DON'T SWEAT IT

**Excess perspiration is the pits. If you're too soggy, check out these options**



## TAKE A BULLET TO IT

Your first port of call is the chemist. "Nervous sweat is our body's involuntary physiological reaction to stress, and is produced by a different sweat gland to exertion sweat," says Chris Petrillo, Rexona R&D expert at Unilever. "However, nervous sweat is still best combated via use of an effective antiperspirant deodorant." Try Rexona's Clinical Protection range, which provides up to three times the protection of a basic antiperspirant.



## EMPLOY SHOCK THERAPY

You place your hands or feet in a pan of water while a device passes a mild electric current through it for about 20 minutes. Scientists aren't exactly sure why it works, but three zaps a week can help you sweat less.



## CONSIDER BOTOX SHOTS

The neurotoxin injections that smooth wrinkles can also block the nerve signals that stimulate sweat. But you may need booster shots: first-time users have reported sweat returning to baseline after four or five months.



## SWALLOW A PILL

Anecdotal evidence suggests that anticholinergics, drugs that block your body's sweat trigger, can work. The problem? Side effects, says Ferguson. They include dry mouth, constipation and blurred vision.

# THE BEST WAY TO DEAL WITH NERVOUS SWEATING IS TO DEAL WITH THE NERVOUSNESS ITSELF

considered their sweat - and a little stink - to be a sign of masculinity. But when men started moving from manual labour towards desk jobs in the Thirties, marketers saw an opportunity.

"If you're a farmer working outdoors, no one really cares if you're sweaty and dirty," says Dr Cari Casteel, a history researcher at Auburn University who studies the improbable topic of antiperspirant and deodorant marketing. "But if you're at a desk all day, presumably you're susceptible to the idea that people care."

The first antiperspirant ads for men set the tone for the sweaty conflict we still feel today. One from 1938 is typical: it was for a jar of goop called Odorono Ice ("Odour, oh no!"). It shows the same man in two different scenarios: in the first, he looks sporty with a racquet in his hand; in the second, he's in an office holding a sheet of paper. "All right in a locker room," says the ad, "but all wrong here." Casteel says ads have hammered this point for decades, implanting a single impression in men's minds: there are just some situations when you should never sweat.

Still, controlling your sweat is a complex endeavour. For most people, the best way to treat nervous sweating is to deal with the nervousness itself, says Perry-Parrish. She first asks patients to think through the last time they were made uncomfortable by their excessive sweat: what were you doing, and what were you thinking when the waterworks began? And here's the key question, she says: "Were you doing something really embarrassing, or were you magnifying it in your mind?"

More often than not, she says, we imagine the worst-case scenario - even if everything is going perfectly fine. When that happens, your mind tells your body to start the sweating. Her advice the next time this happens: take stock of the situation. What's the reaction of others around you? If no one else seems unhappy or uncomfortable, it's likely that you're unnecessarily stressing - and sweating - over something small.

It's a brain exercise, but it's one you can improve at with practice. It probably could have helped those men in the sweat experiment. Instead of worrying about fluffing a few simple arithmetic problems, they would have taken a step back, realised that the stakes were low and noticed that their compatriots were equally thrown by the introduction of arithmetic. A cool head plus a little perspective: that's what defeats nervous sweating. It's basic maths. ■







DAVID RANGI THOMAS

# NATURALLY FUELLED

It wasn't until my wife got sick of seeing me struggle, that she brought home a bag of brown rice protein from our local health shop and begged me to try it. Too be honest, I wasn't too keen. My biggest fear was losing all my 'gains', surely a protein derived from vegetables rather than animal products couldn't work. But sure enough, I noticed a massive difference in how I felt after the first day of using BioPro. No puffiness, no bloating and two years later I have maintained all my muscle mass & strength I was so scared of losing. I now stick to a daily combo of BioPro, BCAA's and Spark (a natural pre-workout) and I'm in better shape than I have ever been.

## BJJ IS A VERY HEALTH CONSCIENCE SCENE, WE PUT OUR BODIES THROUGH HELL ON A DAILY BASIS

So we want to make sure that the fuel we use is of the highest quality and as natural as possible. Many of my training partners, even former opponents have made the switch and ditched all the junk filled supps' for natural alternatives. I have tried nearly every natural supplement out there, but PSA are the only company with true heart behind what they do. Nutritionally rich products without the crap! Its exactly what I need to get results and stay fuelled to reach my goals.

Dave



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# THE 50 ESSENTIAL NEW TOYS FOR MEN

FROM YOUR WORKPLACE TO YOUR HOME, THE LOUNGE ROOM TO  
THE BACKYARD AND BEYOND, HERE'S THE LATEST, GREATEST  
GADGETRY TO ENHANCE EVERY ASPECT OF YOUR LIFE

BY **TOM GUISE** PHOTOGRAPHY BY **KRISTIAN TAYLOR-WOOD**

GROOMING BY ANNA LE



## 01 NEVER SKIP A BEAT

**Bose Soundlink Around-Ear Wireless Headphones II**

So comfortable you won't want to take them off, and you probably won't need to. Seamlessly switching between two Bluetooth devices, you can watch a movie on your iPad and answer your phone. The mic adjusts volume on the fly to counter external noise, and the battery lasts 15 hours – enough to power through anyone's day.

\$379; [bose.com](http://bose.com)

## 02 SHOW TIME

**Apple Watch**

Still wondering what it's for? The same as a regular watch – making your wrist look good. But it's also a health tracker that syncs with Apple's Health app to monitor anything from your blood pressure to your body-fat percentage while also encouraging you to be more active.

From \$499; [apple.com/au](http://apple.com/au)

## 03 STRONG-ARM TACTICS

**Fitbit Surge**

Most fitness bands are dainty, wearable personal trainers. Surge is like a Navy Seal drill sergeant. Alongside the usual features – steps, calories burned, floors climbed, sleep tracking, heart rate – it has GPS to measure distance, pace and elevation for running, cycling and cross-training. It even muscles in on smartwatches with notifications and controls for music.

\$324; [harveynorman.com.au](http://harveynorman.com.au)

## EYE OF THE TIGER (LILY)

As one of Australia's top DJs, Tigerlily depends on technology for her livelihood. Whether it's spinning records on premium turntables, slipping on some deluxe ear candy to find refuge from the non-stop grind of touring, or using her smartphone to engage with her gigantic social media following (405k Instagram followers), the latest tech makes her life manageable. "I can't live without my phone, MacBook and Bose headphones," says the 23-year-old, who grew up in Sydney's Maroubra. "I always make sure I have the latest model of those three." Check out Tigerlily's latest single, *Feel the Love*, on iTunes or go to [djtigerlily.com.au](http://djtigerlily.com.au). ➤



## ROLL PLAYING: THE SB GLIDE SCOOTER – ALMOST AS MUCH FUN AS AN ACTUAL HOVERBOARD



### MYSTERY MACHINE SB Glide Scooter

You've seen them about – self-balancing electric scooters you can steer hands-free at 10km/h. But most interestingly, no-one knows who invented them, just that they all come from China. From the \$2000 PhunkeeDuck ridden by Jamie Foxx and Justin Bieber, to this one for less than half the price, they're exactly the same tech.

\$649; [selfbalancingscooters.com.au](http://selfbalancingscooters.com.au)



### 05 FLIGHT RECORDER DJI Phantom 3 Advanced Drone

Most so-called drones are mere kids' toys – this one comes with an over-18s-only recommendation for a reason. The stabilised 4K camera can live-stream from two kilometres up, and a combo of GPS and Russia's GLONASS satellite system prevents it going MIA. You also don't need to be a stunt pilot to fly one.

\$1699; [dji.com](http://dji.com)



### 06 VERY OK COMPUTER Microsoft Surface Book

Having trouble picking the right laptop? It's this one. The i7 processor powers through Windows 10 workloads, a super-resolution 13.5-inch screen displays high-spec games powered by a muscular graphics card concealed beneath the keyboard. Snap that off and it's a lightweight tablet for sketching with the included pen. Not bad for the first laptop Microsoft's ever made.

From \$2299; [microsoftstore.com](http://microsoftstore.com)



### 07 PORTION CONTROL Drop Kitchen Scale

Staring at a fridge full of expiring leftovers? Let your smart scales knock up a recipe, from cookies and cakes to hamburger mix and *huevos rancheros*. Simply pour the ingredients into a bowl (tip too much in and the associated iPad app recalculates the measures) and you'll turn out a perfect dish every time.

US\$99.95; [getdrop.com](http://getdrop.com)





## 08 CUP WINNER

### Nespresso Pixie Clips Coffee Machine

There was a time when the quality of a cup of coffee was inversely proportional to the effort required to make it. Nespresso's capsule system caffeine-kicked that to the kerb – with an aesthetic flourish to boot. Take the new Pixie Clips machine. "It's quick to heat up and has 11 interchangeable side panels to seamlessly match your kitchen, or anywhere else you choose," says Mitch Monaghan, Nespresso Coffee Ambassador. Multiple colours are the new black.

\$349; [nespresso.com/au](http://nespresso.com/au)



## 09 BAR MASTER

### Somabar Robotic Bartender

Imagine a coffee machine, but instead of beans and milk it's loaded with vials of alcohol and mixers. Tap the icon on your smartphone and in five seconds out pours a perfectly measured, mixed and muddled cocktail from over 300 recipes. Program your own prescriptions and share with other Somabars. You don't even need to tip.

US\$429; [somabarkickstarter.com](http://somabarkickstarter.com)

## 10 BRING THE HEAT

### KettlePizza Deluxe Pizza Oven Kit

Building a wood-fire oven requires dedication to the cause and possibly a diploma in bricklaying. Alternatively, slot one of these into your standard Weber barbecue and it builds a constant heat for baking crisp, smoky real-deal pizzas. Spend the time and money saved on dough-making lessons and extra toppings.

\$287; [kettlepizza.co.uk](http://kettlepizza.co.uk)



## 11 COOL TECH

### Samsung Smart Refrigerator

Time to bin your fridge magnets – they're obsolete thanks to a door-mounted touchscreen that connects to the web and mirrors your smartphone. Beyond this connectedness, there are shelves with different temperatures ranging from chill to soft freeze plus a dispenser for filtered water and crushed ice. Oh, and it holds 28 bags of groceries. Smartest of all, though, are its looks.

US\$3600; [samsung.com](http://samsung.com)



## 12 ALL TORQUE

### Milwaukee M18 Fuel Brushless Drill/Driver

When picking power tools, choose one attribute over all others – strength. This cordless beast churns 60Nm which, as Milwaukee's YouTube video demonstrates, is enough torque to winch a 12-tonne industrial digger without overheating, thanks to an intelligent cut-off system. Only weighs 2kg, so you don't need muscle to match.

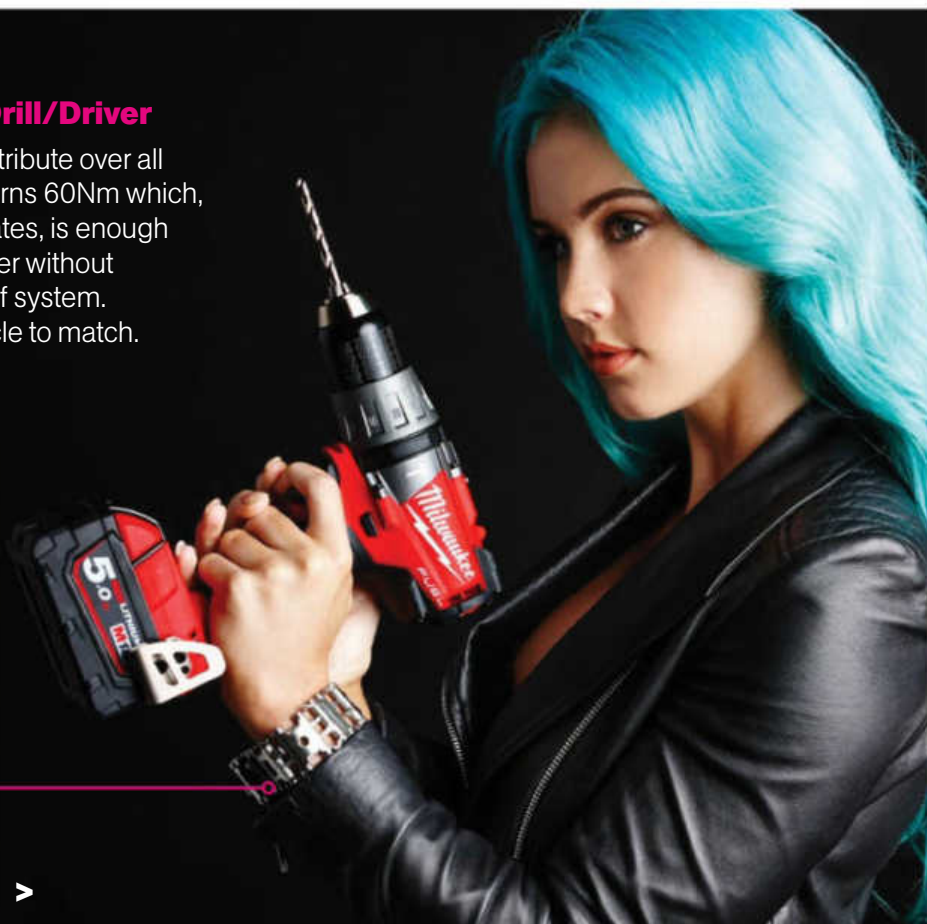
\$499; [milwaukeetools.com.au](http://milwaukeetools.com.au)

## 13 WELL ARMED

### Leatherman Tread

From the utility-smiths of the almighty Leatherman Multi-Tool comes... a bracelet? Don't be silly. It is, of course, a 29-piece multi-tool that you wear like a bracelet. Each stainless-steel link is actually three tools, from screwdriver heads to box wrenches to sim card picks; even the clasp quadruples as a bottle opener, socket adaptor, square drive and, impressively, a bracelet clasp.

\$349; [leatherman.com.au](http://leatherman.com.au)





## 15 HOT-TUB GOOD-TIMES MACHINE

### Hydro Hammock

Dip in the pool or laze in the shade? Why not both? This high-tensile hammock holds you and 230 litres of water wherever you tie it up. Plug in the portable heater and it's a hanging hot tub. No trees? Lay it in a ditch and it's a bath. Fill the skin and you've got a water bed.

From US\$360 (portable heater \$1365);  
hydrohammock.com



## 18 HYPER DRIVE

### Tesla Model X

With smart-opening falcon-wing doors, an actual driverless autopilot mode, "Bioweapon Defence Mode" that filters the cabin air of viruses and bacteria, and a "Ludicrous" button that pushes the 259hp/503hp front/rear motors from 0-100km/h as quickly as a Porsche 911 Turbo, this is the electric SUV of tomorrow. Or maybe longer – as the wait list stretches until mid-2016.

US\$142,000;  
teslamotors.com/en\_au



## 14 ALL-ROUND SOUND

### UE Boom 2 Speaker

The ideal Bluetooth speaker for everything. With a 30-metre range, it'll fill your backyard with 90 decibels of bassy 360° sound. Hook up two for a full-blown stereo system. The size of a tall beer can, it's perfect for throwing into your beach bag or luggage, and it's IPX7 water-, dirt- and shock-proof should the zombie apocalypse occur.

\$237; harveynorman.com.au

## 16 CUTTING EDGE

### Shun Classic 25cm Chef Knife

What became of ancient swordsmiths? They now make professional chef's knives. This blade is forged from hard, corrosion-resistant VG-MAX steel that's clad in Damascus stainless steel then ground and bead-blasted to reveal its 34 layers. Tough, well-balanced and lethally sharp, the wide blade and curved belly keeps it from dicing your knuckles off.

\$229; kitchenwaresuperstore.com.au



## 19 TOTAL SUCKER

### Dyson Cinetic Vacuum

The internals of this Rolls-Royce of rug inhalers look like they could lift an Airbus. The suction science is all about cyclones, with increasingly fine centrifuges separating hair, dust, pollen and even bacteria, expelling cleaner air than any other vacuum. And as there's no bag or filter, it never loses suction.

From \$799; dysoncinetic.com.au



## TOP SPINNER

### Kitchen Aid Torrent Magnetic Drive Blender

Doesn't so much blend as alchemise raw matter into gourmet food. Twist the dial to smash frozen fruit into thick smoothies, churn up perfect shakes, and transmogrify meat, hard veggies, even ice and nuts into soups, sauces and salsas, all while loading ingredients on the fly. It even stops when the work is done.

\$999; kitchenaid.com.au

## 20 WEIGHT OFF YOUR MIND

### Qardibase Smart Scale

Of all your daily steps, the one onto the bathroom scales can be the most brutal. Qardibase softens the impact with a glowing smiley if you're reaching your weight goal. Not that it holds back on hard data – analysing BMI, muscle mass, body fat, water, even bone composition, all through a warm-touch acrylic-stone surface.

US\$129; getqardio.com







## MASTER OF SUSPENSE

### TRX Home Suspension Trainer

You may think a pair of nylon straps inadequate for a total body workout. You'd be right – you need a door to hang them from. TRX uses body weight to work the core and muscles. Just increase difficulty by angling your position. It worked for Navy Seal Randy Hetrick, who invented the suspension training using a jujitsu belt and parachute webbing. And a door. \$249; [suspensiontrainingaustralia.com.au](http://suspensiontrainingaustralia.com.au)

## 22 SAVING FACE

### Foreo Luna Facial Cleaner

Until Clooney bottles his pituitary gland excretions, the rest of us must find other ways to age magnificently. Luna for Men directs sonic pulses through silicone ridges to smooth and firm wrinkle-prone skin. Flip it and the brush unclogs pores and removes dead skin for a cleaner, fresher shave, the better to show off your supernatural youthfulness.

\$249; [skincarestore.com.au](http://skincarestore.com.au)



## 23 BASIC TRAINING

### Perfect Pushup

The push-up – so simple, so effective and so often executed totally wrong. Perfect Pushup increases the potency of your movement with two rotating handles that allow extra freedom to engage more muscles with each push. The included two-minute military-spec drills ensure your technique is tightened up, too.

\$19.95; [oo.com.au](http://oo.com.au)



## 24 ADVANTAGE YOU

### Sony Smart Tennis Sensor

Looking for advice on your tennis stroke? Ask your racquet. Plug this eight-gram sensor into the handle and it sends shot reports to the smartphone app. Video yourself in action and it syncs your gameplay data to the footage. With an Android Wear watch, you can even see your performance straight after each shot.

\$249; [sony.com.au/microsite/tennis](http://sony.com.au/microsite/tennis)

## 25 VIRTUALLY HERE

### Avegant Glyph VR Headset

Get your affairs in order – 2016 is when we'll finally immerse ourselves in virtual reality. Bulky headsets? Looking like a dork? Motion sickness? This fixes all that. Slick headphones flip down into a visor filled with millions of micro-mirrors that beam natural-feeling images onto your retina that don't cause nausea. Unless it's a deep-sea fishing simulator.

US\$599; [avegant.com](http://avegant.com) ➤





WHOLE  
IN ONE

### DV8 Sports Full Monty Golf Clubs

Ever stowed your golf clubs in a plane's overhead locker or on the back of a motorbike? Thought not. You can now, with this set of 14 interchangeable heads and one shaft in a backpack. Assembled in less than three seconds, each club is the correct length and flex, even matching the performance of leading brands in tests.

US\$1199.95;  
[dv8sports.com](http://dv8sports.com)

*JOIN THE CLUB: ONE SHAFT,  
14 HEADS – YOU'VE GOT  
THE GAME IN THE BAG*



### 27 CUT TO THE CHASE

#### TomTom Bandit Action Cam

That two-minute clip of wingsuiters you love probably took hours of editing. But not with this action cam – hit tag as your craziest moments happen, then shake your smartphone to cut them into an instant video. Sensors for speed, g-force, altitude, rotation and heartbeat also identify the best bits. And with three hours of battery life, there will be plenty.

\$579; [tomtom.com/en\\_au](http://tomtom.com/en_au)

### 28 FORCE FED

#### Darth Vader Limited Edition PS4

There's a lot of buzz around *Star Wars* right now, we guess because of this – the Darth Vader 1TB PS4 with a controller inspired by his wheezing chest box and a copy of *Star Wars Battlefront*, which drops you into realistic reenactments of the films' most epic moments. Oh, and there's a movie coming out, too, apparently.

\$599; [playstation.com/en-au](http://playstation.com/en-au)



### 29 WELL TONED

#### Beats Powerbeats2 Wireless Headphones

With NBA legend LeBron James as co-creator, you can bet these earbuds are good enough for your workout. Flexible hooks keep them locked to your ear canals, they're IPX4 sweat- and water-resistant, and the mic controls are non-slip. All they lack is noise isolation, by design, for safe running outdoors.

\$258; [harveynorman.com.au](http://harveynorman.com.au)







### 30 QUIET ACHIEVER

#### Victory Empulse TT Motorbike

Don't measure this motorbike by its lack of heart-attack-causing engine roar. The near-silent 10,400-watt electric motor generates 54hp to reach 161km/h, earning it third place at this year's Isle of Man TT Zero. Let off the throttle and it pulls energy back into the battery for a range of up to 143km. One thing's for sure: this quiet achiever's set to generate plenty of noise.

US\$19,999; [victorymotorcycles.com](http://victorymotorcycles.com)



### 33 CAREER HIGH

#### iPad Pro

The Pro stands for professional, but what profession is this much fun? Faster than 90 per cent of laptops and with a super-size 12.9-inch screen that can display two apps side-by-side. There's also a magnetic keyboard cover, quad speakers and a pressure-sensitive digital pencil. You'll need a well-paid job to afford it all!

From \$1249 (32GB), Apple Pencil \$99, Smart Keyboard \$169; [apple.com/au](http://apple.com/au)



### 31 LIGHT SABRE

#### Philips 9000 Laser-Guided Beard Trimmer

With no end to the beard boom in sight, you need a chin-scraping tool like the 9000 to dig in for the long haul. While projecting a laser onto your face for absolute accuracy, its dual-sided blades deliver performance and precision. It's also fully washable and has 17 settings to shear back to stubble when this facial-follicle fad finally blows over.

\$399.95; [philips.com.au](http://philips.com.au)

### 32 BAND, JAMES BAND

#### Omega Seamaster 300 Spectre Limited Edition

James Bond's watches are highly sought after. *Goldfinger*'s Rolex Submariner spawned a cottage industry in black-and-grey nylon NATO straps, only for Blu-ray colour-grading to reveal 007's watch was actually attached to a three-colour RAF band. Now, *Spectre*'s 41-millimetre diver's watch sports a true NATO band. It's also resistant to 15,000 gauss, ensuring accuracy even if you're strapped to an evil genius's electromagnet.

\$10,956; [omegawatches.com](http://omegawatches.com)



### 34 I HONED

#### iPhone 6s

If you got last year's iPhone 6, our condolences – this is the one you wanted. Seventy per cent faster, improved 12MP camera, Live Photos that animate a second after and *before* the moment you've snapped, 4K video-recording, a 3D Touch display that lets you "peek" and "pop" open apps with increased force, and a rose-gold edition that's basically pink for men. The best iPhone (until the next one).



From \$1079; [apple.com/au](http://apple.com/au)

### 35 FRUIT OF PLENTY

#### Apple TV

This little black box will tie your living-room tech together. At its heart is an app store with games that can be played using the remote's touchpad and motion controls. There's also a mic for ordering Siri to find movies and shows in iTunes, Netflix and other streaming services. The only thing missing is the actual TV.

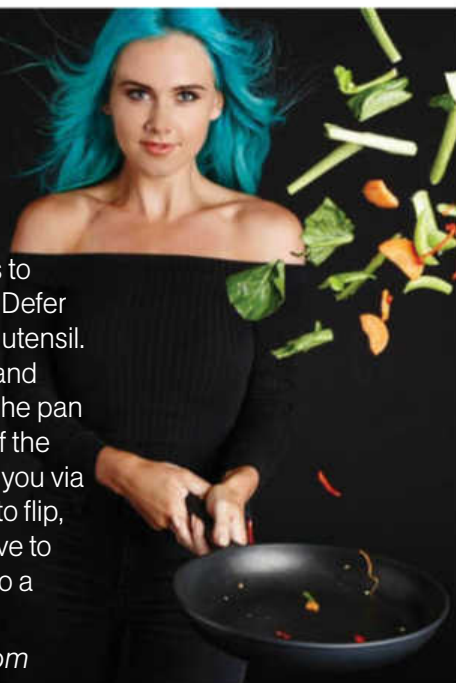
From \$269; [apple.com/au](http://apple.com/au)



### BRAIN PAN Pantelligent Pan

Lack the culinary smarts to knock up a great steak? Defer to your cleverer cooking utensil. Tell it the cut, thickness and desired doneness, and the pan reads the temperature of the meat in real-time, telling you via your smartphone when to flip, add ingredients and serve to perfect pinkness. It's also a really well-made pan.

US\$199; [pantelligent.com](http://pantelligent.com)



### 37 ART OF SOUND

#### Samsung R7 Wireless 360° Multiroom Speaker

Always hankered after a Fabergé egg and currently looking for a wireless sound system? You're in luck – the egg-shaped R7 radiates sound in all directions, so you can place it anywhere in a room. Connect multiple speakers via your wi-fi network and make your home look like a musical dinosaur hatchery.

\$429.95; [samsung.com/au](http://samsung.com/au)



### 38 SWEET LOCK

#### Noke Smart Padlock

Since the time of *Pirates of the Caribbean*, the trusty padlock has suffered the same problem – forget your key or combination and you're cactus. Noke (pronounced "key") is the first Bluetooth padlock, unclasp when you near or granting remote access through your smartphone. Forgot your phone? Click a code into its boron-hardened steel shackle to unchain your bike, treasure chest, ball and chain, etc.

US\$69 (\$39 for bike cable and mount); [noke.com](http://noke.com)



### 39 MORE THAN MEETS THE EYE

#### Fujifilm XT-1 IR Camera

This camera's so pro it's good enough for crime scene investigators, fine art collectors, doctors and astronomers. It captures a wider light spectrum than the human eye, showing up sketches beneath oil paintings, invisible light from stars, even fingerprints and bloodstains. Also takes normal pictures of your lunch for Instagram.

\$2499; [fujifilm.com.au](http://fujifilm.com.au)



### 40 BUSINESS SUITED

#### Samsung Galaxy Note 5

Want a big Android phone that means business and looks the part? This one's like Dwayne Johnson in pinstripes – a 5.7-inch slab of octa-core computing muscle with all the elegance of the smaller Galaxy S6 plus an S-Pen for the built-in apps, including Microsoft Office.

From \$1099; [samsung.com/au](http://samsung.com/au)



## 41 LOST CAUSE

### Tile Tracker

Never again lose your keys, wallet, coat, umbrella, dog or anything else you plant this Bluetooth tracer on. Ring it from your smartphone and it'll respond within 30 metres. Beyond that, the app shows the last place it inhabited, and you can ask other Tiles in the wild to look out for it. Misplace your phone and you can tap your Tile to ring it.

US\$25; [thetileapp.com](http://thetileapp.com)



## 42 UNDERHAND TACTICS

### Montblanc TimeWalker Urban Speed e-Strap

Nothing says "You're boring me" like glancing at your watch, and purveyor of luxury goods Montblanc is all about etiquette. Attaching to their Timewalker Urban timepieces, this leather strap has a touchscreen on the underside to discreetly check smartphone notifications and activity data, or operate music controls, all while generously refreshing your date's glass of '85 Mouton-Rothschild.

From \$5000; [montblanc.com](http://montblanc.com)



## 45 CYCLE UNCHAINED

### Trefecta DRT E-Bike

Don't ride this one on the footpath, or the cycle lane either, because it has a top speed of 70km/h thanks to a 4kW motor that propels those carbon-fibre wheels for over 100km before the pedals are needed. There's even a handlebar-mounted computer for calibrating the suspension, gears and route data on the fly.

US\$25,000; [trefectamobility.com](http://trefectamobility.com)

## 46 HOME HERO

### Tesla Powerwall Battery

Save electricity, save money, save the world – this wall-mounted battery charges from solar power, or the grid when utility rates are low, powering your whole home in mornings and evenings when those rates are high. Stack up to nine together and live off the grid entirely. Tesla reckons two billion could satisfy the world's power needs, reducing emissions and dependency on fossil fuels.

US\$3500 (excludes AC inverter and installation); [teslamotors.com/en\\_au](http://teslamotors.com/en_au)



## 43 POWER WALK

### Ampy Move Charger

Smartphone batteries are like mayflies – they live real short lives. Begging bar staff for a charger is undignified, and external batteries are plain unsightly. Ampy is a wearable motion-charger – strap it on and kinetically build power. It comes with an app that sets exercise goals in battery minutes – extending your phone's, the environment's, and your life.

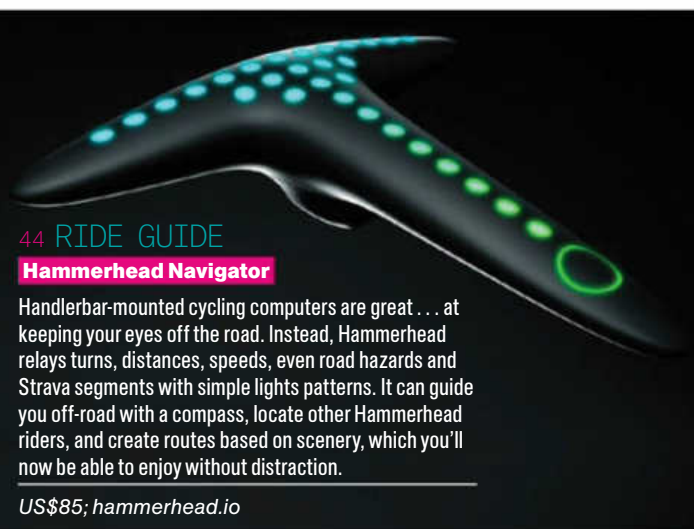
US\$129; [getampy.com](http://getampy.com)

## 44 RIDE GUIDE

### Hammerhead Navigator

Handlebar-mounted cycling computers are great... at keeping your eyes off the road. Instead, Hammerhead relays turns, distances, speeds, even road hazards and Strava segments with simple lights patterns. It can guide you off-road with a compass, locate other Hammerhead riders, and create routes based on scenery, which you'll now be able to enjoy without distraction.

US\$85; [hammerhead.io](http://hammerhead.io)

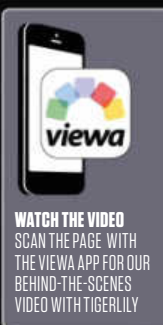


## STEP UP TO THE CREASE

### Laurastar Pulse Ironing System

Yep, an iron – we're blowing up stereotypes here, including the one about freshly pressed shirts being a chore. The board itself sucks and blows, making errant creases near impossible, while the soleplate pulses ultra-fine steam to lock fibres flat. Takes two minutes to iron a shirt, so you can get back to those biceps curls.

\$2699; [laurastar.com.au](http://laurastar.com.au)



**WATCH THE VIDEO**  
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THE VIEWA APP FOR OUR  
BEHIND-THE-SCENES  
VIDEO WITH TIGERLILY





*TIME TO GET STEAMY:  
LOCK IN THE FRESHLY  
IRONED LOOK*

TECHNOLOGY.



#### 48 YOUR ROBOT BUDDY

##### **BB-8 App-Enabled Droid by Sphero**

For the original *Star Wars* in 1977, the only way to get R2-D2 working was to load 112-centimetre-tall Kenny Baker into him. For BB-8, the new soccer-ball droid in this year's *The Force Awakens*, they built the actual robot. This toy uses the same tech – gyroscopes, magnets, possibly the Force – all controlled by your smartphone.

\$249; [jbhifi.com.au](http://jbhifi.com.au)



#### 49 SENSORY OVERLOAD

##### **Sony 75" X Series Bravia 4K LED 3D-TV**

All those numbers in that name add up to one thing – a seriously well-endowed TV. For sound to match those 4K visuals encompassed in a 75-inch screen, Sony threw in one more number – six. That's how many high-def speakers it has on the sides, plus a wireless subwoofer.

\$10,999; [sony.com.au](http://sony.com.au)



#### 50 SPLASH TO THE FUTURE

##### **AQAV Hoverboard**

Well, it's 2015 and we got our hoverboards – although they're more like the jetpacks we were promised the last time the future came knocking. Powered by jet-ski exhausts, these carbon-fibre kiteboards propel you 10 metres into the air at 40km/h, and apparently take less than 10 minutes to learn. At least it's a soft landing.

US\$5110; [aquaticaviation.net](http://aquaticaviation.net)

*This could be you!*



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**130** CHISEL A GRANITE CORE IN JUST 30 MINUTES A DAY

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**133** YOUR MASTER STROKE FOR GREATER SPEED

## TRIPLE THREAT

TRIATHLETE AARON ROYLE HAS HIS EYES FIXED ON A GLITTERING PRIZE: WINNING OLYMPIC GOLD FOR AUSTRALIA IN RIO. YOUR MOVE: WATCH AND LEARN

**P124**





**NEW SERIES**

# THE LEAN MACHINE

AARON ROYLE KNOWS ALL ABOUT PRIMING THE BODY FOR MIGHTY FEATS OF ENDURANCE. FOLLOW HIS LEAD AND TRANSFORM YOURSELF INTO AN UNSTOPPABLE FORCE

BY DANIEL WILLIAMS  
PHOTOGRAPHY BY JEREMY PARK

**WISE HEADS KNOW** the best thing that can happen in childhood is anything that profoundly inspires you. The right happenstance at the right time can spawn in the young mind a dream so tantalising that you'll do whatever is necessary to make it come true. From then on, the rest of your life - or a good chunk of it - has purpose. And apart from the love of another and bread on the table, what else does a man need?

## FAST FACTS

**NAME**  
Aaron Royle

**AGE**  
25

**SPORT**  
Triathlon  
(Olympic distance)  
1500m swim  
40km cycle  
10km run

**LIVES**  
Wollongong, NSW

**HEIGHT**  
180cm

**RACE WEIGHT**  
67kg

**BODY FAT**  
4.5 per cent

**OLYMPIC QUALIFYING SPLITS**  
17:52 (swim)  
58:36 (cycle)  
32:44 (run)



For Aaron Royle such an experience occurred on September 16, 2000 – day one of competition at the Sydney Olympics. Then a pint-size 10-year-old and promising swimmer, he had travelled down with his family from their home in Newcastle for a night at the pool. The boy watched wide-eyed as the last race, the men's 4x100-metre freestyle relay, culminated in a sprint finish between the US's Gary Hall Jnr and local hero Ian Thorpe. Hall was a world-beating 100m specialist and fresh as an alpine lake; Thorpe hours earlier had won the 400m and seemed to be tiring, falling half a body length behind. Inconceivably, Thorpe surged, passing Hall with a stroke to spare. "The roof lifted," remembers Royle. "Even now when I think about it, I get goose bumps."

From that night, Royle's mission was to become an Olympian. Fifteen years later he's effectively licked it, booking his ticket to Rio via a top-10 placing in a qualifier held on the city's Olympic course last August.

His story is a lesson in what's possible. Unblessed by outrageous natural talent, he has achieved what he has through an unshakeable commitment to gruelling training, alongside a determination to crash through what he had perceived to be his limits. "That's the mindset you need in triathlon right now," says Royle. "You have to be prepared to push yourself over the edge."

### **BEND IT, DON'T BREAK IT**

Actually, that's maybe only half-right, clarifies Royle as we chat at Diggies cafe at North Wollongong Beach. It's here that most mornings Royle assembles with his partners in self-punishment, fuelling up on black coffee in preparation for training slogs that last for hours. "Aaron's polite and unassuming," says Diggies manager Elise Flowers. He also has "no ego" – or much less than some of the older, high-achieving recreational cyclists who also frequent the cafe.

Extracting the best from yourself requires judgment, says Royle. You need to understand that your body does, absolutely, have its limits. Take the time swine flu struck down Royle in Abu Dhabi last year. Trying to be sensible, he spent 10 days in bed once home. "But then, against the advice of my coach, I rushed back for a WTS (World Triathlon Series) race in Auckland," recalls Royle. "Halfway through the bike leg I pulled over and thought, *What the hell am I doing here? I'm an idiot.*"

So, yes, there are limits. But in good health they're probably much further away than you think, says Royle.

One likely difference between you and an elite triathlete is that you are your own master, maybe a gentle one. When distress kicks in, you quit. Royle, on the other hand, has a coach – Jamie Turner – who will demand he persist.

"You need to have a bit of faith in your coach... trust that he knows what he's doing," says Royle. In the lead-up to a big race a few years ago, Royle trained twice a week with fellow triathlete Ryan Bailie in a heat-and-altitude lab at the NSW Institute of Sport. With the dials set to 36°C, 80 per cent humidity and an altitude of 3000m (about 800m higher than

Mt Kosciuszko), Royle went hell for leather on an exercise bike and treadmill for 90-minute sessions, each draining him of 3-4 kilograms of body mass and spitting him out "delusional".

"Jamie, every week, just kept pushing and pushing to see how far we could be pushed, and I got pushed to the limit," Royle recalls. "Luckily, before I fell off the edge, I caught myself and ended up winning the under-23 world title."

Falling off the edge, Turner explains, means taking your body to a place "from which it can't rebound". That seldom happens, he reassures.

Using another metaphor, Turner urges Royle during training to "pound the rock". It may take 101 blows for the rock to crack. But it wasn't the last blow that did the trick; it was the cumulative effect of the 100 before it.

"Aaron gets that," says Turner. "He's able to pound the rock. Athletes who can't, who are looking for instant gratification... they're going to struggle."

Ranked ninth in the world at time of writing, Royle has his sights set on the greats. "You look at [British triathletes] Alistair and Jonathan Brownlee," he says. "They've been injured the

past couple of years, but they're the best the sport's ever seen and they continually try to get themselves right to the edge."

Maybe they're injured because they've pushed too hard? No doubt, concedes Royle. "But the mindset of the best in the world is that they'd rather have four great years than 10 good ones."

### **STRIDE TO GREATNESS**

Right now Royle is pounding the rock with a specific goal: he needs to shave time off his run. His swim and bike legs are excellent; they're setting him up for a glorious finish. But while his running's good, it's not quite good enough. "If you want to win the Olympics, you'll have to run a sub-30 [minutes]," says Royle. For him, that means carving something like 20 seconds off his 10-kay PB.

Seems like a tough ask for a guy who's trained as much as he has – honestly, what more can he do? But Royle is undeterred. "I just need to get stronger so I can go with the best over the last couple of kays," he says.

"Winning comes down to who can stay at that higher-end threshold for the longest."

To this end Royle runs six or seven days a week, often twice a ➤

"THE MINDSET OF THE BEST IN THE WORLD IS THAT THEY'D RATHER HAVE FOUR GREAT YEARS THAN 10 GOOD ONES"



day, principally at speeds ranging from a doddle (5:00min/km) to darn quick (2:40min/km). He also has a sprint coach, Paul Hallam, because there's always the possibility that the Olympic triathlon will come down to a dash between two, three or more (spent) athletes.

Royle's had to develop the belief that there's speed in his legs as well as miles. And he's acquired not only correct sprint technique but also the discipline and wherewithal to employ it when his lungs are burning and his legs are fairly floss. "You have to stay relaxed through the shoulders," he says. And keep driving your arms while not letting your hips drop. "The rest of the world is improving every year. I've just got to improve at a quicker rate than they are."

## RIDE OUT ROUGH TIMES

Any guy who trains while others sleep, whose body routinely aches from overexertion, knows about doubt. "You have your days when you hate it, of course," says Royle, "especially the days that don't go so well, or you're coming back from injury or illness and you know you're not performing at a level anything like what you know you're capable of."

Even then, deep down, Royle knows he loves what he's doing, and until the next wave of enthusiasm rolls in he'll fall back on habit to stay afloat. "The routine of what I do is all I know," he says. "It's all I've ever done: I get up, swim, bike, run, eat, sleep, repeat. It's all I know."

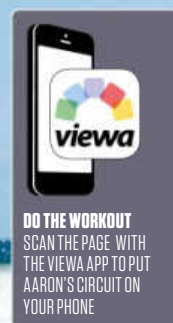
It's no picnic. But what is that's worthwhile? Give up and squander the hard work? Forget it. Royle pushes on in pursuit of the goal conceived on that heady night poolside over 15 years ago.

"It's hard to explain the feeling you have after a good race," he says. "If I could bottle that up and have it every single day..." Sure. But then the possibilities that await him in Rio wouldn't be so magical, would they?

"YOU WANT STRENGTH WITHOUT BULK TO MAXIMISE PERFORMANCE AND PREVENT INJURIES"



Aaron Royle is determined to make a splash in Rio.



**DO THE WORKOUT**  
SCAN THE PAGE WITH  
THE VIEWA APP TO PUT  
AARON'S CIRCUIT ON  
YOUR PHONE



## Built to Last

When you're a cardio king like Aaron Royle, it's imperative you train your muscles lest they waste away. "In my sport, you want strength without bulk to maximise performance and prevent injuries," he says. Here's your eight-step workout for a strong, supple and balanced frame that will go forever.

### Directions

After warming up, perform these exercises as a circuit. There's no rush; your aim is not to burn fat but to build and fortify your body, so focus on form and muscular isolation.

Complete the circuit three times, resting for two minutes between each circuit. Do the workout every other day.

## 03

### DUCK WALK

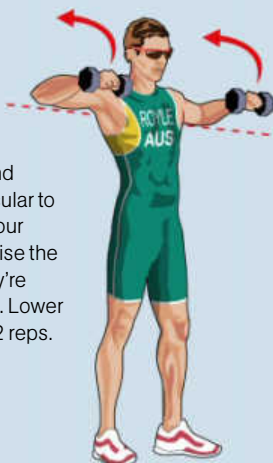
Assume a deep-squat position. Locking your core and keeping your upper body straight, place your hands behind your head like a suspected felon. Walk forward 10m, taking short, controlled steps.



## 06

### DUMBBELL ROTATIONS

Hold a light dumbbell in each hand out in front of you, elbows bent and forearms perpendicular to the floor. Isolating your shoulders, slowly raise the dumbbells until they're alongside your ears. Lower and repeat for 10-12 reps.



## 01

### ONE-LEGGED SQUAT

Stand upright with your right leg off the ground, arms out in front of you. Bend your left leg and slowly lower yourself towards the floor, keeping your back as straight as possible. Drive yourself back to the start position using your glutes and quads. Do 6-10 reps, then repeat on your other leg.



## 04

### RUSSIAN TWISTS (WITH MEDICINE BALL)

Lie on your back, knees bent, clutching a medicine ball of moderate weight to your chest. Pin your feet if you want. Engage your core and slowly lift your torso to about 90°. At the top of the movement, twist to one side and then the other, feeling the movement in your obliques. Do 10-15 reps.



## 07

### GLUTE BRIDGE

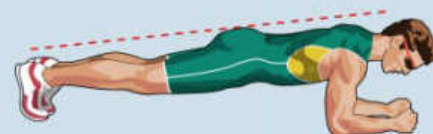
Lie on your back, knees bent so your feet are flat on the floor. Locking your core and squeezing your glutes, lift your butt off the floor and hold for 5-10 seconds. Lower under control and repeat for 10-20 reps.



## 02

### PLANK

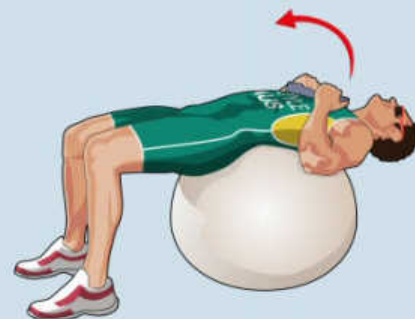
Hit the floor with your body straight and core braced. Hold yourself still on your elbows for at least 60 seconds, but build up over time to planks lasting up to three minutes. Increase difficulty in due course by lifting one leg off the floor.



## 05

### SWISS-BALL CRUNCHES

Lie on your back on a Swiss ball, feet planted on the ground. With your hands crossed on your chest (weight plate or medicine ball optional) lift your torso by crunching your abs. Lower under control. Do 20-30 reps.



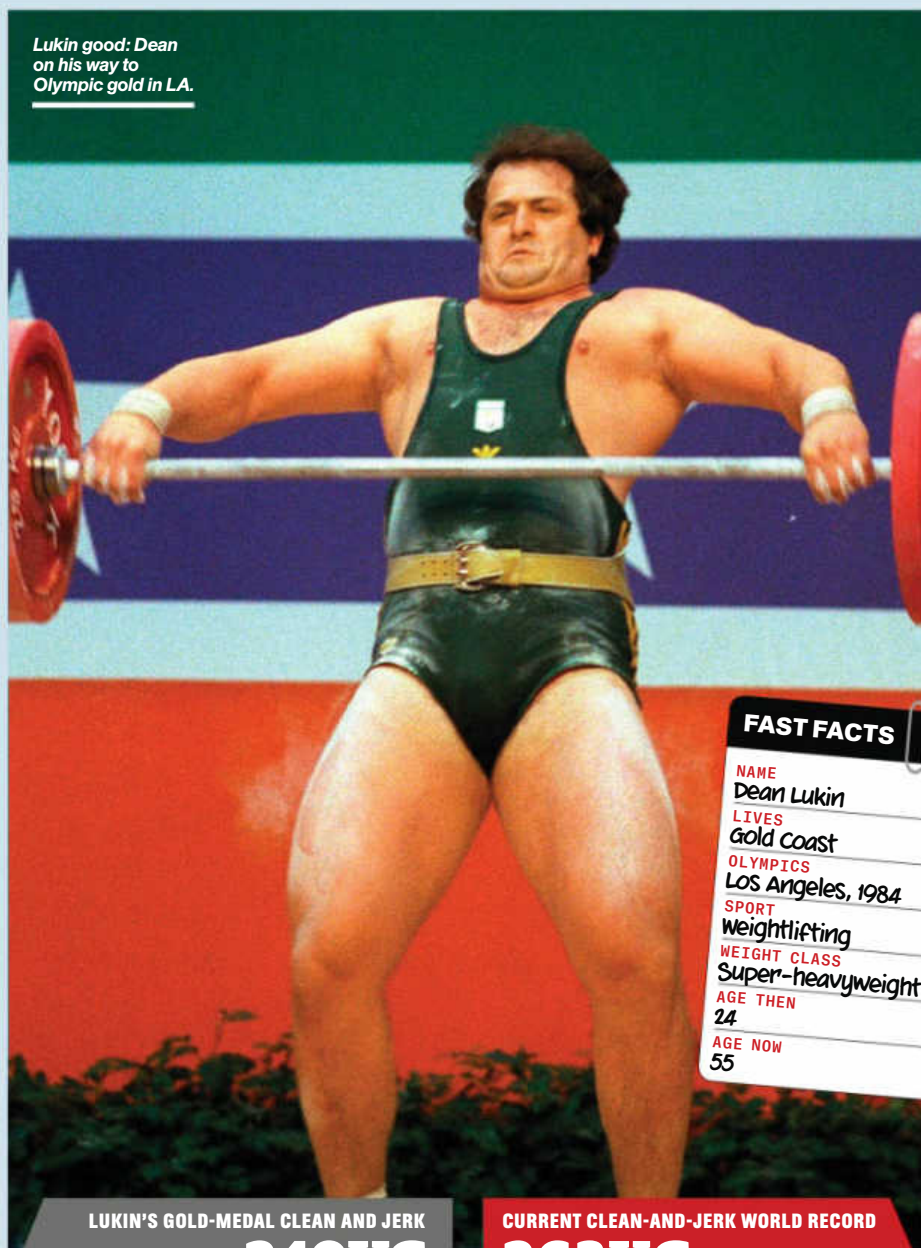
## 08

### SINGLE-LEG STAND

Stand upright, then lift one leg off the ground and hold for 30-60 seconds. To further improve balance, close your eyes throughout the exercise. Repeat on the other leg.



Lukin good: Dean on his way to Olympic gold in L.A.



#### FAST FACTS

NAME  
**Dean Lukin**  
LIVES  
**Gold Coast**  
OLYMPICS  
**Los Angeles, 1984**  
SPORT  
**Weightlifting**  
WEIGHT CLASS  
**Super-heavyweight**  
AGE THEN  
**24**  
AGE NOW  
**55**

LUKIN'S GOLD-MEDAL CLEAN AND JERK

**240KG**

CURRENT CLEAN-AND-JERK WORLD RECORD

**263KG** (Hossein Rezazadeh, Iran)

## LIFT OF A LIFETIME

WHAT DOES IT TAKE TO BEAT THE WORLD? FOR WEIGHTLIFTER DEAN LUKIN, HIS 1984 MISSION CAME DOWN TO HEAVING NEARLY A QUARTER OF A TONNE ABOVE HIS HEAD

### THE BUILD-UP

My dad didn't have much time for weightlifting. He figured it was more important for us to make money from tuna fishing than to go lift barbells. "You can't eat rubber weights," he used to say. But as the Olympics got closer, he relented and gave me a little time off. So I went to Canada for three months and trained my arse off.

Olympic Games are full on and you do feel the pressure of it all. I skipped the opening

ceremony because of the heat. Being 140-odd kilos at the time, I didn't want to waste energy standing around. I was already dropping body weight because the food hall was about a kilometre's walk from where I was sleeping.

I'd identified the American Mario Martinez as my main competition, and sure enough he went well in the snatch. In fact, at "halftime" he was 12.5kg ahead of me. It was going to come down to what he clean-and-

jerked and what I'd need to do to beat him. When he did 225, it was simple maths: I'd need to lift 240, five kilos more than I'd ever managed before.

### CRUNCH TIME

As I was preparing for the lift, it was my brother David who helped me the most by giving me a big slap on the face and a "giddy up". Weightlifting is you against the weight. It's all over in a second or two. For me, it wasn't about technique. It was about getting angry - angry with the weight and angry with the challenge.

I remember walking out and looking at the bar and thinking, *Well, there are only a couple of extra washers there compared to my previous best.* I didn't worry about the numbers. I just thought, *Do it!*

Oh jeez, I nearly missed it on the jerk. I caught it a little bit in front, and when you do that, 240 kilos is a lot to keep steady. It's difficult to keep it above your head, but once I was there, I was there, and the rest is history.

### LESSONS FROM LUKIN

#### SEE RED

When shooting for a new one-rep max, get mad. Lukin's approach is validated by a 2010 University of Wolverhampton study, in which participants in an angry state outperformed controls in a "peak force" test that involved kicking as hard and fast as possible for five seconds. **Worked for The Hulk, too.**

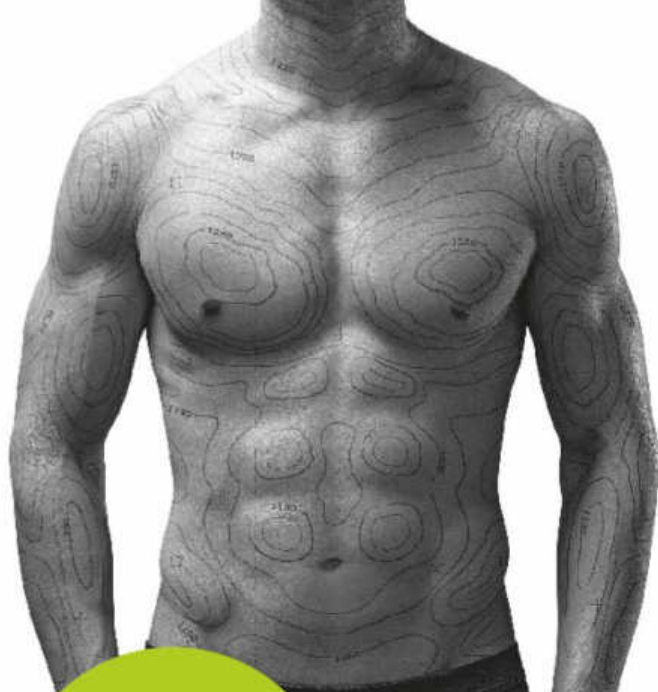
#### SNATCH THE ADVANTAGE

Lukin can't believe how this Olympic lift has gone mainstream. But he approves: "For core strength and general fitness, the snatch is one of the best exercises on the planet." Do sets of 10 with a light-to-moderate weight, he advises.

#### LIFT SMART WHEN GOING HEAVY

- 01 Warm up with 4-5 "real light" sets.
- 02 Feel a twinge mid-workout? "Do not do another set. Go home and see how it feels when you cool down."
- 03 "Take a month off a couple of times a year to let your body recover."





32%

OF AUSSIE GUYS WHO GROOMED THEIR CHEST IN THE PAST 12 MONTHS.

**Why you should do it:** Depends on the woman, but super hairy isn't hot.

29% REMOVED HAIR FROM THEIR LEGS.

**Why you should do it:** Cyclists and swimmers do it for very specific reasons: wound-healing and aero/aquadynamics, respectively.



50

PERCENTAGE OF AUSTRALIAN MEN WHO HAVE GROOMED THEIR GROIN.

**Why you should do it:** Opinion is divided, but many people love the super-clean, bare look.



# MANSCAPING BY NUMBERS

A GROWING NUMBER OF GUYS ARE SHAVING THEIR BODIES. SHOULD YOU?



31

PERCENTAGE OF AUSTRALIAN MEN WHO HAVE GROOMED THEIR BACKS.

**Why you should do it:** Wall to wall carpet is fine, shoulder to shoulder is not.

34%

OF AUSTRALIAN MEN TRIMMED OR SHAVED THEIR UNDERARM HAIR.

**Why you should do it:** Your ancestors might have needed that armpit hair to trap their sweaty scent for attracting a mate. But that's almost definitely not working for you today.



## BUILT FOR MALE TERRAIN

GILLETTE BODY IS THE FIRST EVER RAZOR CREATED FOR MALE BODY SHAVING

# The Abs Accelerator

INCINERATE FAT AND PACK ON MUSCLE YOU'LL BE PROUD TO SHOW OFF - IN JUST 30 MINUTES A DAY



## DESIGNED BY

Elite trainer Dan Ownes, of the Parisi Speed School

## BEST FOR

Boosting metabolism, packing on lean mass and sculpting every muscle in your core

## EQUIPMENT

Dumbbells, bench, medicine ball, box, power rack with bar, Swiss ball, Valslides (or other sliding device)

## KILOJOULES

## BURNED

1348\*

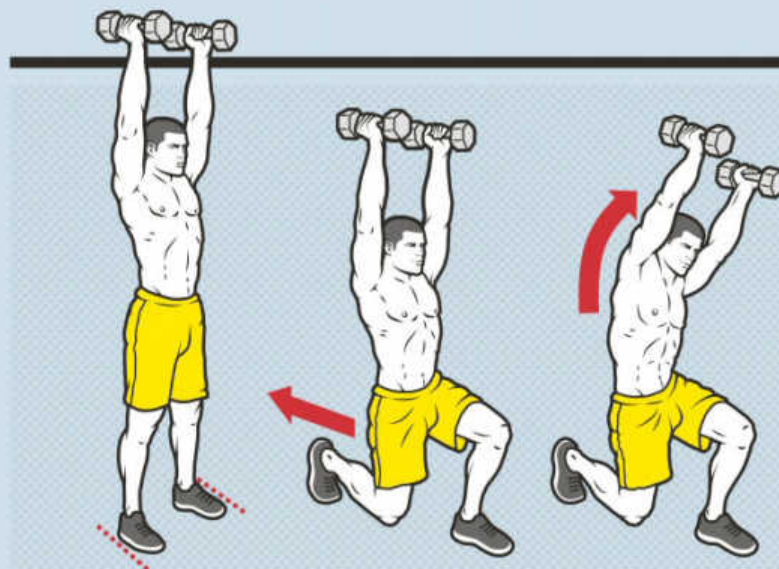
## TIME

30 minutes

\*As measured by a fit 190cm, 83kg man using a Polar M400 heart rate monitor

## DIRECTIONS

For the next month, replace one workout a week with this routine. Perform each exercise in the order shown without resting between moves. Once you've finished all eight exercises, rest for one minute. That's one circuit; do three to complete the workout.



### 1 / OVERHEAD ALTERNATING REVERSE LUNGE WITH SIDE BEND

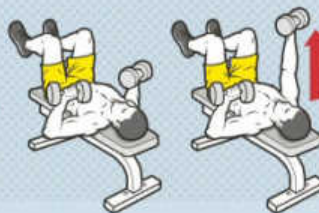
Hold a pair of dumbbells over your shoulders, your feet shoulder-width apart. Step back with your right leg into a lunge, lean left, and return to the starting position. Do all your reps on your right leg and then repeat with your left leg (leaning right). **Reps: eight per leg**



### 2 / FEET-ELEVATED DUMBBELL ALTERNATING CHEST PRESS

Lie on a bench holding a pair of dumbbells at the sides of your chest, palms forward. Raise your legs so your hips and knees are both bent 90°. Press the weight in your right hand straight up above your chest, then lower it. Repeat with the weight in your left hand. Continue alternating.

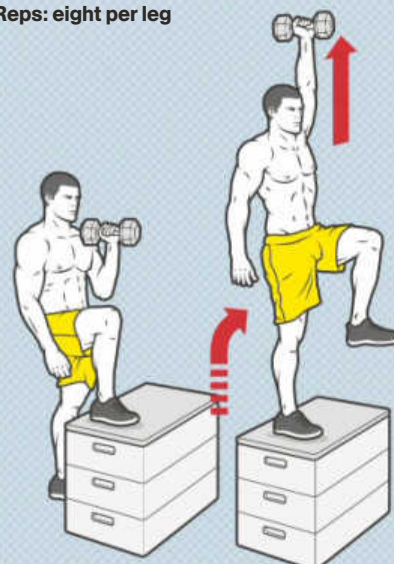
**Reps: eight per arm**



### 4 / OFFSET STEP-UP SHOULDER PRESS

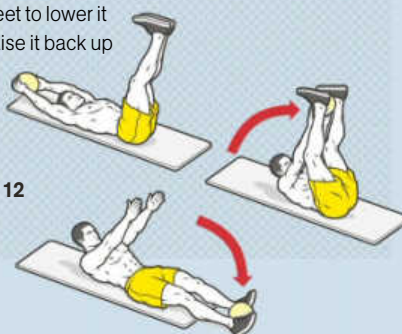
Hold a dumbbell in your left hand in front of your left shoulder, palm in. Place your right foot on a tall box or bench. Simultaneously step up with your right leg, raise your left knee and press the dumbbell directly above your shoulder. Return to the starting position. Do all your reps, switch sides, repeat.

**Reps: eight per leg**



### 3 / MEDICINE-BALL TRANSFER

Lie face-up on the floor with your legs straight and hips bent 90°. Hold a medicine ball above your head. Keeping your arms straight, raise the ball and place it between your ankles. Use your feet to lower it to the floor, then raise it back up and grab it with your hands. Return to the starting position and repeat. **Reps: 12**

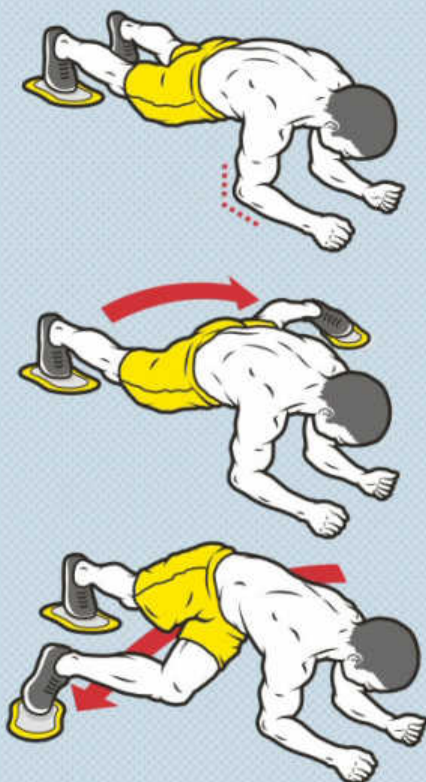




## 5 / SIDE-TO-SIDE GLIDER PLANK

Assume a plank position with your elbows bent 90° and feet shoulder-width apart on Valslides (or hand towels or paper plates – anything that slides). Move your left foot in an arc away from your body, then pass it beneath your body to your right. Do all your reps, then repeat with your right leg.

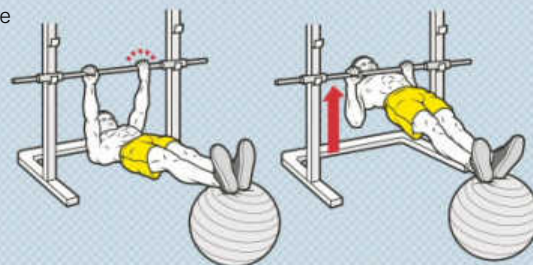
**Reps: 10 per leg**



For more muscle & fitness tips, download the **Men's Health Personal Fitness Trainer** app from the Apple App Store

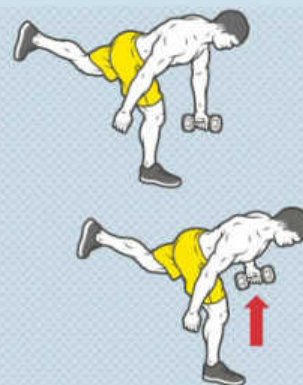
## 6 / MIXED-GRIP FEET-ELEVATED INVERTED ROW

Set a bar to waist height and position yourself beneath it, hanging at arm's length with one hand facing forward and the other facing back. Put your feet on a Swiss ball. Pull your chest to the bar. Lower and repeat. Switch hand positions after four reps. **Reps: eight**



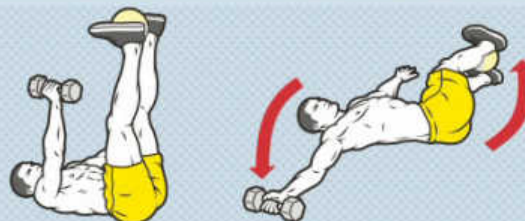
## 7 / SINGLE-LEG STRAIGHT-LEG DEADLIFT AND ROW

Stand with a dumbbell in your left hand and your weight shifted onto your right leg (lift your left foot slightly off the floor behind you). This is the starting position. Push your hips back and hinge forward, raising your left leg. Row the weight to your side. Return to the start. Do all your reps, switch sides, and repeat. **Reps: eight per side**



## 8 / WEIGHTED HALF WIPER

Lie on your back holding a medicine ball between your feet, keeping your legs perpendicular to the floor. Hold a dumbbell in your right hand directly above your chest. Lower your legs and right arm to the floor in opposite directions. Reverse the move to return to the starting position. Complete all your reps, switch arms, and repeat in the other directions. **Reps: 10 per side**



**HARD-CORE  
POWER BOOST**  
THREE EASY  
WAYS TO  
MAKE EVERY  
AB MOVE MORE  
EFFECTIVE



**EXHALE COMPLETELY**  
Doing so at the start of a move brings your ribs down and fully activates your abs, says elite trainer Doug Kechijian.



**BREATHE DEEPLY**  
Keeping your ribs down and breathing deeply as you do the move will boost your stability, spinal support and power, says Kechijian.



**ROUND YOUR  
UPPER BACK**  
Slightly rounding just your upper back engages your abs and your diaphragm, your body's strongest breathing muscle.



# WATER WORKS

SWIMMING HAS BECOME AN INTEGRAL PART OF COLLINGWOOD FOOTBALL CLUB'S PRESEASON PLANS. FIND OUT HOW HITTING THE POOL CAN HELP YOU KICK YOUR WAY TO YOUR FITNESS GOALS

You can call it a case of blurred lines: chasing the much-maligned black line in the pool could pay dividends once you cross the white line of the footy field, reckons Bill Davoren, high-performance manager at Collingwood FC, whose team, of course, steps out in black and white.

"It offers the opportunity to enhance cardiovascular fitness and aerobic capacity, while also providing a form of resistance," says Davoren, a former national performance director at Triathlon Australia. "There's an improvement in your breathing control, which transfers to other physical activities."

Chiefly, logging laps in the pool increases flexibility, which, given the loads players crush in preseason, makes it an excellent adjunct to gym work, says Davoren. "It's a great counterbalance to strength training because it stretches you out," he says.

It can also reap benefits for runners in terms of both recovery and performance. A study at the University of Western Australia showed athletes who put in two intense running-based interval sessions followed by a two-kilometre swim 10 hours later were 14 per cent faster on their next run. They also had lower levels of C-reactive protein in their systems, a marker of muscular inflammation.

All players on Collingwood's list complete a swimming session each Tuesday during preseason. Some, such as forwards Travis Cloke and Jesse White, are naturally strong swimmers. But for many players, improvement comes when they're injured, as the pool becomes an essential part of their rehab.

"If you've got a guy on a compromised running program through post-season surgery, swimming becomes crucial to their conditioning," Davoren says. "Matty Scharenberg, who's had to fight back from injuries, has become a very, very good swimmer."

Combining running and swimming is a great way to ramp up the intensity of a cardio session, Davoren adds. On preseason Saturday mornings he puts players through a triathlon-style "brick" session involving a one-hour fartlek run finishing at Port Phillip Bay. They then go straight into a 600-800m swim.

Whatever you're training for, time in the water could be the ingredient that takes your preparation to the next level. Use Davoren's swim session on your rest days to improve your conditioning, expand your flexibility and, ultimately, spike your performance.



Cold pies: Collingwood's Jesse White and Dane Swan take to the waves.



## Pool Your Resources

Complete the following session, resting for the time stated between each set and for one minute between each block of work

- 2 x 150m EASY – 30 seconds' rest
- 2 x 100m EASY – 20 seconds' rest
- 4 x 50m BUILD – 15 seconds' rest
- 8 x 25m HARD – 10 seconds' rest
- 1 x 100m EASY

## STROKES OF GENIUS

Use Davoren's tips to glide through the water

**1** "When your head is in the water, forcefully blow bubbles. Holding your breath only adds to tension."

**2** "It's okay to start in a 25-metre pool and rest at the end of each lap. Short efforts of good technique followed by rest gradually become 50m, 75m, 100m of good technique."

**3** "Don't be frightened to use small (cut-off) fins to aid propulsion in the initial stages as you get comfortable with your stroke mechanics."

WORDS: BEN JHOTY



# THE BODY TRANSFORMING TOOL

**MAGELLAN**  
**ECHO FIT**

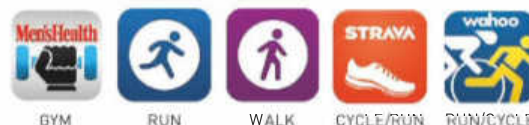
Whether you run, walk, cycle, hike, paddle, golf, ski, workout indoors or just want to get more active, Echo fit works with major sports apps to track your activity and control your music all from your wrist. Echo fit also counts your steps and tracks your sleep for a total wellness solution. Transform your body today with the help of the Magellan Echo fit.



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## Small is Beautiful

Want a city runabout that will leave your dignity intact? Mazda's baby SUV is here to help

**THERE'S A LOT TO BE SAID** for small city cars: they're economical, safe, easy to park and even entertaining to drive. But since this is a men's magazine, let's be frank - if you, a successful 30-something bloke, turn up at footy training or a first date in one of these, your odds have just lengthened on getting the respect of either guys or girl.

Mazda's new CX-3 changes all that. Underneath it may share its platform with the Mazda2 (bringing all the virtues listed above), but this small SUV's

exterior is perhaps the best example yet of the company's Kodo design language. From the aluminium gullwing that frames its front grille, to the bulging wheel arches, to those Seventies' dune-buggy-esque rear haunches, it's a smart, fun and, yep, masculine design.

The drive is no less convincing, aided by choices aplenty: 2.0L petrol unit or 1.5L diesel, front-wheel drive or all-wheel drive, and four equipment levels (Neo, Maxx, sTouring and Akari). If you opt for FWD petrol, there's also the option of a manual gearbox across all variants. Pricing ranges from \$19,990 up to \$37,690.

Of the two engines, the combination of economy (an impressive 4.8L/100km) and strong mid-range torque makes the diesel the pick, especially if you plan on hitting the open road.

The nicely dialled suspension delivers a good compromise between taut handling and compliance over rougher surfaces, and even that old Mazda

bugbear - road noise in the cabin - has been banished.

Speaking of cabins, the interior has all the typical Mazda hallmarks - quality materials, nicely stitched finishing and comfortable seats, with the rear pews sitting some 37 millimetres higher than the front, which will please smaller passengers. All models bar the base Neo get Mazda's clever MZD seven-inch central display, controlled via a knob on the central console. It connects to your phone via Bluetooth, streams music and comes with Pandora, Stitcher and Aha apps installed. The 264-litre boot, while cosy, is segment competitive, opening up to 1174 litres with rear seats folded forward.

So if you're after a city car, or even a second family car that you'd be happy to be seen in, the CX-3 ticks pretty much all the boxes. The only downside is that you're going to see *a lot* of them on the road - its combination of value, great looks and fun driving dynamics pretty much guarantees it. ➤

- Bruce Ritchie

# Motoring

## Launch Report: Audi TT S



**THE THIRD GENERATION** of Audi's two-door sports coupé debuted early last year and now a faster version, the TT S, has hit forecourts. And where previous generations of this small 2+2 delivered sports-car looks without the actual performance, the new model delivers a punch as sharp as its angular lines. Its uprated 2.0L engine, combined with Audi's S tronic dual-clutch auto gearbox, gets the TT S to 100km/h in a Porsche Cayman-slaying 4.7 seconds. Its all-wheel-drive system (see "What the Hell Does That Mean?"), lowered chassis and choice of 19- or 20-inch wheels offer prodigious grip

## The new TT S delivers a punch as sharp as its angular lines

and great balance, though the ride is a little terse, even with its suspension in "comfort" setting.

Inside the stylish, almost austere cabin, the real star is Audi's virtual cockpit, which does away with the ubiquitous central tablet display, instead making the entire instrument display area in front of the driver a digital screen that can be customised at the touch of a button to show a large sat-nav map with instructions,

or a large central speedo with smaller map, or several other permutations of the car's vital signs and information.

If you want the style and substance the TT S offers, you'll need a not-insubstantial \$99,900 (plus on-roads). Alternatively, to get the looks, much of the performance and a more comfortable ride, save yourself a cool \$27K and opt for the standard TT.

### IN THE DRIVER'S SEAT

Quick fixes for a smoother ride



#### ADD A HINT OF MINT

According to researchers at Wheeling Jesuit University, drivers react faster when they smell peppermint. "The scent stimulates the part of the brain that wakes you up," says study co-author Dr Bryan Raudenbush. Forget the hanging fir tree – it could harbour hormone-disrupting phthalates. Instead use an essential oil in a diffuser.



#### CHECK YOUR H<sub>2</sub>O LEVELS

You need fluid as much as your car does. A study from the University of Loughborough found that dehydration can affect your driving like a 0.08 blood-alcohol percentage. In a simulator, mildly dehydrated drivers made errors approximately twice as often as they did while hydrated. Think of water as a safety essential, says Brock Christopher, manager of Porsche's human performance centre. Have a bottle ride shotgun.



#### BOOST YOUR BEAMS

Most cars can't safely illuminate the road ahead beyond 65km/h, according to an American Automobile Association report. Cloudy headlight lenses may tire your eyes and dim reaction times, says Didier Theys, coach of the Ferrari Challenge Racing Series. Improve your night vision with the Turtle Wax Headlight Restorer Kit (\$39; [supercheapauto.com.au](http://supercheapauto.com.au)).

### WHAT THE HELL DOES THAT MEAN?

#### GRIP ON DEMAND

Many vehicles use a Haldex clutch system to distribute power to the wheels. In normal driving, this sends all power to the front wheels,

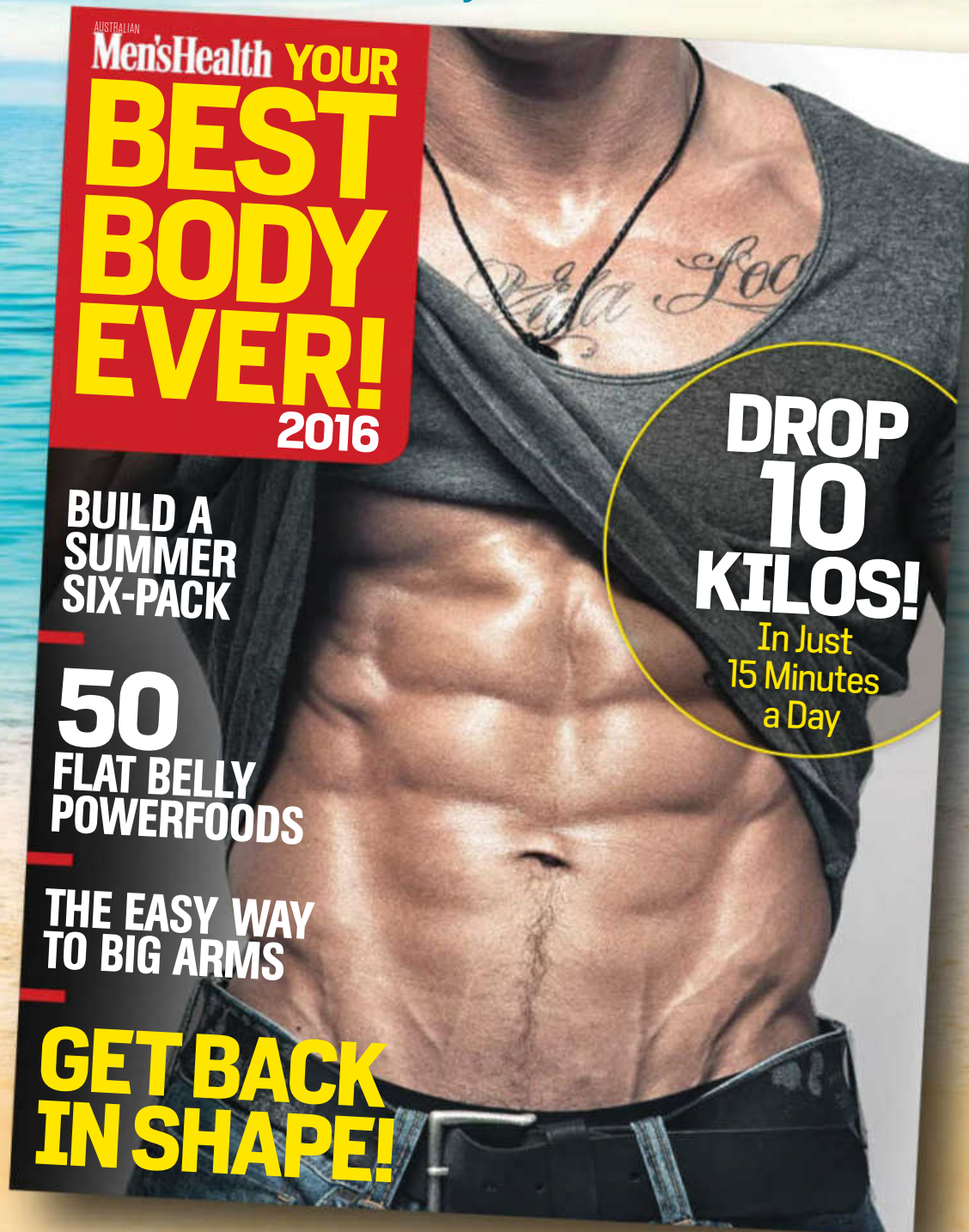
maximising economy. Should the front wheels lose traction, through high cornering speed or slippery conditions, some power is directed

to the rear wheels. The first generation of the Haldex system featured in the original TT in 1998; this car gets the fifth generation.



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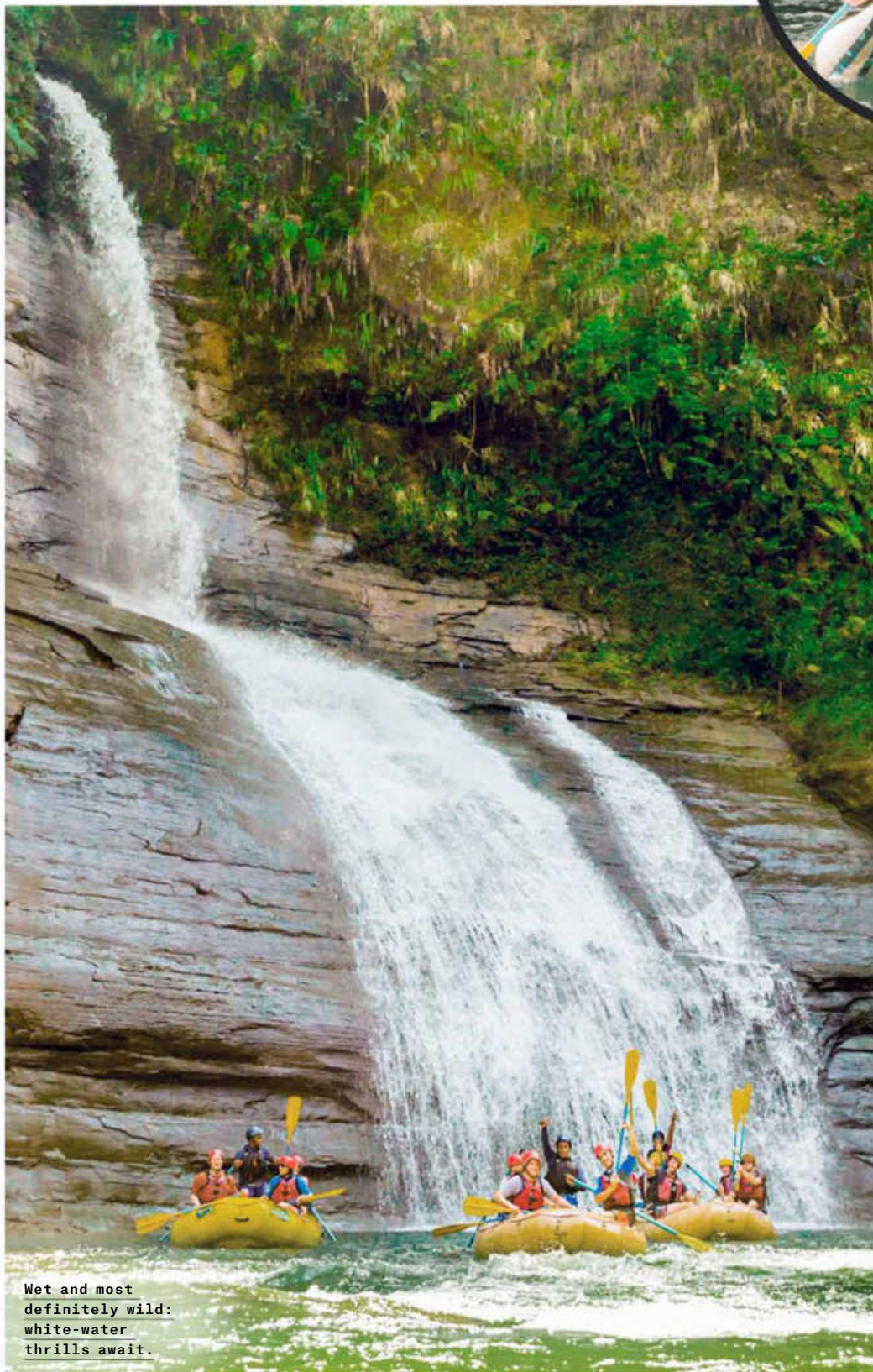
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# Discover Fiji

Hidden deep in the Fijian highlands lies the unspoiled Upper Navua River, and a rafting trip down its length offers the best way to enjoy its thrills and spills

BY JASON SCULLIN



Wet and most definitely wild: white-water thrills await.

**THERE'S AN EXTENDED PASSAGE** in *Apocalypse Now* where, on his mission to terminate rogue colonel Walter E. Kurtz, Martin Sheen, as Captain Benjamin Willard, travels up the (fictional) Nung River in a journey that intersperses deep reverie with visceral action.

Absent a tiger attack, visiting Playmates and the descent into madness of Francis Ford Coppola's Vietnam War masterpiece, my own white-water rafting journey down Fiji's (very real) Upper Navua River mirrors this mix. Throughout my two-day trip, adrenaline-spiking exhilaration will blend with passages that seem purpose-built to encourage self-contemplation.

The adventurous/contemplative combo begins from the get-go with the bone-rattling 4WD bus ride over logging roads from our base at Pacific Harbour deep into the highlands of Fiji's largest island, Viti Levu. It's adventurous for those of us who like to wonder if we'll make it around the next hairpin bend; contemplative for those considering whether breakfast was a good idea.

The trip's dual character is further emphasised when we reach our rafting jump-off point — the pristine rainforest of the Upper Navua Conservation Area. Its a sparsely populated pocket of ethereal beauty that exists through a unique partnership between locals with an interest in the region and our guides for this trip, Rivers Fiji. By the water's edge, enveloped in the cacophony of the forest, we can only contemplate what awaits us...

And around almost the very first bend, under towering, claustrophobic cliffs, comes our initial taste of heart-bursting excitement as we plunge into churning rapids. "Left paddle,

PHOTOGRAPHY: AARON MARCH





left paddle,” our guide, Joe, yells, reminding me to plunge my blade deep into the river. “Right paddle, right paddle,” comes Joe’s voice again as my rafting compatriots take their turn at navigation. And just like that we pop free, drenched from the spray but upright and grinning wildly.

Heartbeats have only just slowed when more white water appears. That’s perhaps the Upper Navua’s greatest appeal – while its rapids top out at grade three, its 26-kilometre length means it’s never long until “paddles ready!” Of course, for every perilous section, there comes a time when you’re free to drift with the current, free to listen to your fellow rafters’ tales, free to lose yourself in your own thoughts, whether from the warmth of the boat, or overboard in the refreshingly cool river.

That’s our recipe for day one: white-water thrills; laid-back chills. And it sees us through to the pop-up riverside campsite where we’ll spend the night. Here, the day’s thrills give way to a slower rhythm with a visit, in the company of guides Joe, Pita and Moses, to the village on the opposite shore. There, in the company of the village chief and his elders, kava is (repeatedly) passed and drunk and introductions are made. Outside, the night comes alive with sound, while inside the low murmur of conversation (and, no doubt, the kava) lends a semi-hypnotic air to proceedings. It’d be easy to lose ourselves here, but eventually it’s time to return to camp for a traditional pit-cooked dinner.

Whether it’s the kava, the feast of pig, chicken and fish I demolish, or the day’s exertions, I sleep deeply and wake only as the morning sun burns off the last remnants of overnight fog to reveal the single-person



Towering canyon walls funnel the Navua through Fiji’s highlands.



#### WHERE



#### ACCOMMODATION

Top and tail your on-river exertions with a relaxing beachside stay at the Uprising Beach Resort in Pacific Harbour ([uprisingbeachresort.com](http://uprisingbeachresort.com)).



#### GETTING THERE

Fiji Airways ([fijiairways.com](http://fijiairways.com)) flies from Sydney, Melbourne and Brisbane direct to Nadi. From there, it’s approximately a three-hour drive to Pacific Harbour.



#### RAFTING

Overnight rafting safaris will run from February, departing Mondays, Wednesdays and Fridays. The minimum number of rafters is four, the maximum 26. Visit [riversfiji.com](http://riversfiji.com) for more info.

## That’s our recipe for day one: white-water thrills; laid-back chills

inflatable kayaks we’ll use to complete our trip.

The physicality of flying solo means fewer opportunities to indulge in self-reflection, and it seems no time until we reach our side trip – a trek to one of the biggest waterfalls to spill into the Navua. We hear this mighty beast long before we see it. But then we break free of the canopy and before us rears a torrent, bursting over cliffs to plunge 30 metres onto broken rock.

We stand in silent awe. Not Joe, who scampers fearlessly over the moss-clad surface and vanishes behind the falls. And then he is back, trailing a rope attached to the rock wall. It’s our turn. If navigating the Navua was a challenge to the senses, this is a different level entirely: an unrelenting assault on sight, sound and touch as I enter this roaring, pummelling wall of water. But then I’m through

and only the thunder of the falls inches in front of me remains.

Now this is white water!

Ultimately, though, I have to brave a return trip. No time for contemplation here; just grab the rope and go, go, go!

Safely back at our kayaks, it’s only a final short paddle past rolling green foothills to our rendezvous with the pencil boat that will effortlessly ferry us on the last leg of our adventure.

And it’s here that my split-personality journey comes full circle. To the pulsing throb of our transport’s engine, I take one last chance to lose myself in contemplation . . . contemplation of how fortunate it is that places such as the Upper Navua Conservation Area exist, and of how fortunate I was to experience it alongside locals who take such pride in ensuring it remains a place where adrenaline and escape mix so easily. ■

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# ARE YOU THAT ANNOYING GUY?

Somewhere between harmless quirk and dick move you'll find the kind of irritating acts described here. If you're guilty, don't fret – you can change

BY STEVE CALECHMAN

## PLEASE STOP ...

- 1 / Banging on about your fantasy team players during the game.
- 2 / Doing anything naked in a locker room except showering.
- 3 / Saying, "Can I give you some advice?" before giving some advice.
- 4 / Using the postage-stamp hotel pool for aggressive lap swimming.
- 5 / Saying, "Just kidding". Yes, we know.
- 6 / Wearing flat-brimmed caps. Any time, any age.
- 7 / Off-handedly texting, "Wanna hang out?"
- 8 / Posting more than one motivational Facebook quote per month.
- 9 / Make that per year.
- 10 / Picking 69 as "your number".
- 11 / Checking your golf swing in the mirror.
- 12 / Emailing a link without an explanation.
- 13 / Taking the adjacent urinal when others are open.
- 14 / Constantly mentioning that you're from Queensland.
- 15 / Bragging that you know the owner of the restaurant.
- 16 / Posting coffee pictures on Instagram. Coffee's good. We get it.
- 17 / Referring to your footy team as "we".
- 18 / Standing up and signalling "four" at the cricket.
- 19 / Taking the window seat and dumping your bag on the aisle seat.
- 20 / Believing everything is better with bacon.
- 21 / Talking about how much you used to be able to drink.
- 22 / Tiptoeing in boots in the house, thinking the mud won't come off.
- 23 / Promising you'll "take it to the next level".
- 24 / Ending with "That's what I'm talking about!"

## 3 / DELIVER IT STRAIGHT

Be direct but caring. Say: "I don't want to see you get done over, and I would want you to say this to me, if I were in your shoes." This shows concern and respect.

*Dr Paul Marciano, human relations consultant and author of Carrots and Sticks Don't Work*

## 7 / ACT YOUR AGE

With women, especially. Try "Want to get together?" It's still low-key, but now you sound like an adult. After she says yes, be ready with ideas; it shows you've been thinking about her.

*Dr Christie Hartman, dating expert and author of Changing Your Game*

## 11 / FEEL, DON'T LOOK

Focus on rhythm and balance, not your hands and arms. Let your torso fully rotate so your arms and club work in sync with your body. Do this with equilibrium and good shots will soon follow.

*Golf instructor Brian Mogg*

## 15 / BECOME A REGULAR

You know it's called the hospitality business, right? To become truly known, go on a Tuesday. The staff is in rhythm but has more time to chat, and the chef may test new dishes.

*Chef Scott Conant*

## 18 / STAY IN YOUR SEAT

The great Ian Chappell once imparted some wise counsel to Kiwi batsman Glenn Turner along the lines of: "You do your fucking job and let the umpire do his." Something in that for all cricket watchers, don't you think?

*Robert Drane, editor of Inside Cricket magazine*

## 20 / BRIGHTEN FLAVOURS

Rich, salty bacon calls attention to itself. For subtly flavoured foods, like white fish or chicken, use acid to pump up the taste. Halve a lime or lemon and grill it cut-side down, then squeeze.

*Executive chef Brad Farmerie*

## 23 / OH, PLEASE

This is an empty, no-balls promise. Be specific about how you'll improve, and name a quantifiable goal. See, now you've grown a pair. (In fact, don't say that, either.)

*Mark Babbitt, president of business consulting firm Switch & Shift*



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